

Soufflé Pea Shoot Omelette

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Serves 2

Preparation and cooking time: 30 minutes

Ingredients:

- 6 Medium Eggs, separated.
- ½ Bunch Spring Onions
- 50g Pea Shoots
- 1 tbsp Butter
- 1 tsp Oil
- 50g Grated Cheddar Cheese



Method:

Whisk the egg whites until they form peaks. Finely chop the pea shoots and spring onion. Beat the egg yolks in a separate bowl then add to the egg white mixture along with the pea shoots and spring onion. Fold gently to avoid removing the air from the egg whites. Reserve a handful of cheese then add the rest to the egg mixture and fold in carefully. Pre-heat the grill to finish cooking the omelette. Heat the butter and oil in a deep frying pan then add the egg mixture. Allow to cook over a medium heat for 3 – 4 minutes. Sprinkle the reserved cheese over the egg mixture then place under the pre-heated grill until the cheese starts to turn brown. It should rise slightly in the pan to give a light, fluffy omelette. Delicious served with a crisp green salad with raw pea shoots and a generous helping of potato salad.