

Chorizo omelette

1 tsp olive oil
2 small shallots, finely chopped
20g chorizo, finely chopped
2 eggs
1 egg white
a small pinch of sea salt (optional - the chorizo will add plenty of flavour)
a pinch of ground black pepper
20g Cheddar cheese, grated (use dairy free if preferred)

Serves 1

Per serving:
281 calories
21g fat
3g carbs
20g protein

Heat half of the oil in a frying pan over a medium heat. Add the chorizo and shallots and fry for 5 minutes, stirring frequently. Transfer to a plate.

Whisk the eggs, egg white, salt and pepper in a jug.

When cool, wipe the base of the frying pan with kitchen roll, to remove any debris.

Place the frying pan back over a medium heat. Add the remaining oil and tilt the pan to spread the oil around.

Pour the eggs into the pan. Cook for 3-4 minutes undisturbed, until the centre of the omelette is quite firm.

Distribute the cooked shallots and chorizo over one half of the omelette. Top with the cheese.

Cook for 4 minutes undisturbed, or until the omelette is nearly cooked.

Carefully slide a spatula underneath the omelette and fold in half.

Turn off the heat and leave the omelette in the pan for 3-4 minutes, to continue cooking.

Serve.

Consume immediately.



