

# Recipe Card

## *Courgette Omelette*

### Ingredients

- 2 eggs
- 1 tablespoon water.
- 1/8 tsp. sea salt
- 1 tbs. coconut oil
- 1/8 crumbled feta
- 1 pinch of pepper.

For the filling:

- 1/2 cup sliced courgette
- 1/2 cup sliced mushrooms
- 1 cup spinach  
or 1/2 cup onions and peppers
- 1 tbs coconut oil

### Method

In a skillet or frying pan, add coconut oil.

Add sliced courgette mushrooms, and spinach (or onions and peppers).

Cook until tender but not brown.

In a bowl combine eggs, water, salt, and a grind of pepper.

Beat eggs until combined, heat coconut oil. Lift and tilt the pan to coat the sides.

Add egg mixture to frying pan; cook over medium heat.

As eggs set, run a spatula around the edge of the skillet, lifting eggs and letting uncooked portion flow underneath.

When eggs are set but still shiny, spoon filling of courgette and mushrooms across centre of omelette. Sprinkle crumbled goat cheese on top of filling.

Fold omelette in half.

This recipe makes one serving