



SPINACH AND TOMATO OMELETTE

Serves 1 and ready in under 10 minutes.

virgin olive oil

3 medium eggs

2 ripe tomatoes, quartered

Handful of baby spinach leaves

Put a small amount of oil into a non stick frying pan and place over a medium heat. Break the eggs in to a bowl and beat with a large metal whisk. season with salt and pepper.

Pour the eggs in to the frying pan. As the eggs begin to set, use a wooden spoon to draw the cooked egg towards the centre, working your way around the pan.

Scatter the tomatoes and spinach leaves (you could add peppers here also) cook for a further 2-3 mins, until you see the tomatoes warm up and the spinach beginning to wilt. Gently fold the omelette over and serve.