THE LIGHTER PLATE METHOD

Chia & Spirulina Green Omelette

A striking green omelette with a gentle mineral note from spirulina — more fun than it sounds.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**8 min**	**13 min**	**1**	**EASY**

Ingredients

- 2 eggs
- 1 tbsp chia seeds
- 5 g spirulina powder
- 1 pinch sea salt and black pepper

Method

1. Beat all the ingredients together in a bowl with a fork.
2. Heat a lightly oiled pan over a medium heat.
3. Pour in the mixture and cover.
4. Cook for 6–9 minutes, until bubbles appear on the surface and the egg is set through.

Tips & swaps

- Spirulina is sold in most health food shops and larger supermarkets' supplement aisle.

Storage & reheating

Best eaten fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
190	**15g**	**4g**	**12g**	**4g**

Estimated values, for guidance only. Contains: Egg.