THE LIGHTER PLATE METHOD

Courgette & Tomato Omelette

Finely grated courgette sautéed until sweet, then set into a simple everyday omelette.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
8 min	**8 min**	**16 min**	**1**	**EASY**

Ingredients

- 3 eggs
- 100 g courgette (finely grated)
- 0.5 small onion (finely diced)
- 0.5 small tomato (diced)
- 1 tbsp flat-leaf parsley (chopped)
- 1 tsp sea salt
- 1 pinch black pepper

Method

1. Sauté the courgette, onion, tomato and parsley in a little oil for a few minutes, until softened.
2. Beat the eggs with salt and pepper and pour into the pan.
3. Cook over a medium-low heat until set, then fold or flip to finish.

Tips & swaps

- Squeeze the grated courgette a little first if it looks very wet.

Storage & reheating

Best eaten fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
220	**16g**	**5g**	**15g**	**2g**

Estimated values, for guidance only. Contains: Egg.