Herb & Mushroom Omelette

A generous handful of soft herbs folded through the eggs makes this taste far more than the sum of its parts.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
8 min	**10 min**	**18 min**	**1**	**EASY**

Ingredients

- 150 g enoki mushrooms
- 1 tbsp sesame oil
- 1 tbsp olive oil
- 1 tbsp fresh basil (chopped)
- 1 tbsp flat-leaf parsley (chopped)
- 2 tsp fresh sage (chopped)
- 2 tsp fresh thyme
- 2 eggs
- 1 pinch sea salt and black pepper

Method

1. Sauté the mushrooms in the sesame oil, covered, over a low heat for 5 minutes, adding a splash of water if they look dry.
2. Mix the chopped herbs together in a bowl.
3. Beat the eggs with 2–3 tbsp of the herb mixture, salt and pepper.
4. Heat the olive oil in a non-stick pan with a lid, pour in the eggs and cook until the edges brown, then flip and cook a couple of minutes more.
5. Serve with the mushrooms piled in the centre.

Tips & swaps

- Any soft herbs work here — use whatever you have rather than buying specially.

Storage & reheating

Best eaten fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE

260	**15g**	**5g**	**20g**	**2g**

Estimated values, for guidance only. Contains: Egg, Sesame.