THE LIGHTER PLATE METHOD

Roasted Tomato & Basil Omelette

A soft-folded omelette with sweet roasted tomatoes bursting inside.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
4 min	**11 min**	**15 min**	**2**	**MEDIUM**

Ingredients

- 6 eggs
- 250 g cherry tomatoes
- 1 small handful fresh basil
- 20 g parmesan (finely grated)
- 2 tbsp olive oil
- black pepper

Method

1. Heat the oven to 220°C / 200°C fan. Toss the tomatoes with 1 tbsp of the oil and a pinch of salt and roast for 8 minutes, until split and blistered.
2. Beat the eggs with the parmesan and plenty of black pepper.
3. Heat half the remaining oil in a small non-stick pan over a medium heat. Pour in half the eggs and stir gently for 20 seconds, then leave to set for 1 minute.
4. Spoon half the tomatoes and some torn basil over one half, fold the omelette over and slide onto a plate.
5. Repeat for the second omelette.

Tips & swaps

- Two small omelettes beat one big one every time; a crowded pan gives you a rubbery, overcooked base. Roast a whole tray of tomatoes and keep the rest for lunch.

Storage & reheating

Best eaten immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
300	**20g**	**6g**	**22g**	**2g**

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