

# BREAKFAST OMELETTE

*Serves 2*

## INGREDIENTS

2 tsp organic butter  
1 leek - washed and chopped  
1 clove garlic - crushed  
1 handful spinach  
pinch of nutmeg  
5 button mushrooms - chopped  
5 organic eggs

## METHOD

Heat a small skillet over low heat and add 1 tsp butter. Then coat the pan and cook leek, and garlic, stirring occasionally until soft and lightly browned.

Add spinach and stir until wilted. Add a pinch of nutmeg and some Himalayan salt. Place mixture onto a plate while you prepare your omelette.

Heat remaining 1 tsp butter in the pan and increase to medium high.

Whisk all eggs in a bowl until combined. Pour in half of egg mixture and be sure it coats base of the pan. Reduce heat to medium.

Gently push cooked portions from the edges towards the centre so that the uncooked eggs can reach the hot surface.

Continue cooking, tilting the pan and moving the eggs until top surface is thickened and set. Place half of the filling on the side of the omelette and fold the other side over. Slide onto plate and cook second omelette.

VITALITY HUB

