

LighterLife Management

Week 1 Recipes:

Fresh chive omelette V

A classic quick meal for any time of the day.

Serves: 1

Nutrition per serving:

187 kcal, 18g protein, 1g carbs, 12g fat, 1g fibre

Ingredients:

- 2 large eggs
- 1 tbsp water
- Black pepper
- 1 tbsp fresh basil, chopped
- 1 tbsp fresh chives, chopped
- 1 large handful salad leaves
- fat-free salad dressing

Method:

1. Whisk the eggs and water in a bowl. Season with black pepper and stir in the basil and chives.
2. Pour into a non-stick frying pan and cook over a low heat for 4-5 mins, or until the omelette is set and golden brown underneath.
3. Meanwhile, heat the grill, then slide in the pan to cook the top of the omelette until golden.
4. Serve with the salad leaves and fat-free salad dressing.

Tips:

- Vary the herbs – oregano and thyme also work well.
- For a bit of a twist, use coriander and a pinch of cayenne pepper or chilli.