

# SPINACH & MUSHROOM OMELETTE

## Ingredients *(serves 1)*:

- 1 tsp. coconut oil
- 2-4 chestnut mushrooms, sliced thinly
- Garlic salt or flakes, to taste
- Salt and pepper, to taste
- 1 handful of baby spinach
- 2 eggs
- **Optional:** 20 g cheddar or parmesan grated



## Instructions:

1. Put a small frying pan over a medium heat and add the coconut oil. When the coconut oil has melted add the mushrooms, the garlic flakes or fresh garlic to your taste, plus a couple of twists of salt and pepper. Fry the mushrooms for a couple of minutes on each side and then add a handful of spinach. Stir to help the spinach wilt.
2. Crack the eggs into a cup or small jug and whisk roughly with a fork. Add the grated cheese and stir to combine.
3. Tip the eggs into the pan and stir to mix with the mushrooms and spinach. Then leave to set until the bottom of the omelette is golden brown and the top is almost-but-not-quite set.
4. Fold the omelette and tip onto a plate. Serve with a simple salad and a nice chunk of crusty bread.

