

SallyBee



Campaigning for people to "Season with Sense"



MUSHROOM & BASIL OMELETTE

 **Prep: 5 minutes**

 **Cook: 10 minutes**

 **Serves: 2**

INGREDIENTS:

- Drizzle of olive oil
- 2 tomatoes, halved
- 3 large eggs
- Knob butter
- 200g chestnut mushrooms, sliced
- 1 clove garlic, chopped
- Handful fresh basil, chopped or ripped
- **LoSalt**
- Black pepper
- 1 tablespoon chopped chives

METHOD:

1. Preheat the grill to high.
2. Place 2 halved tomatoes in a dish and drizzle with olive oil, sprinkle with **LoSalt** and black pepper.
3. Pop under the grill on a high setting for 8 - 10 mins.
4. Meanwhile, beat together 3 large eggs, a pinch of LoSalt, black pepper, a splash of water and the chopped chives. Set aside.
5. Melt a knob of butter in a large non-stick frying pan.
6. Add the sliced mushrooms and chopped garlic and saute for 5-6 mins until tender, remove from the pan and set aside.
7. Next add the egg mix to the hot pan and leave for 10 secs until it starts to set.
8. Then add back the cooked mushrooms onto half of the omelette.
9. Add the fresh basil.
10. Flip the other side of the omelette over and cook for 1 more minute.
11. Cut in half, slide onto 2 plates and serve with the grilled tomatoes.