



OMeLETTE- SERVES 1

ALTERNATIVES (GLUTEN FREE G.F, MEAT FREE M.F, LACTOSE FREE L.F)

- 2 tbsp / 30g butter (Olive Oil Spread-L.F)
- 3 eggs
- 1 ½ tbsp milk, any (Lactose Free Milk, Plant Based Milks-L.F)
- Salt and pepper
- 1/3 cup grated tasty or mozzarella cheese (Vegan Cheese-L.F)
- 50g of baby spinach
- 150g mushrooms
- ½ tsp garlic *minced*

Equipment:

- Large Fry Pan/ Skillet
- Mixing Bowl
- Chopping Board
- Sharp Knife
- Fork/ Whisk
- Cheese Grater (not critical)

Method:

Mushroom & Baby Spinach Filling:

1. Slice mushrooms to desired width and chop spinach roughly.
2. Melt butter in a medium or small non-stick frypan over high heat. Add mushrooms and cook until starting to go golden on the edges – about 1 ½ minutes. Add baby spinach, garlic, salt and pepper, cook until mushrooms golden and baby spinach wilted – about 1 ½ minutes. Remove from frypan and set aside on plate.

Omelette:

1. Whisk eggs, cream, salt and pepper.
2. Cool frypan and lower heat to medium.
3. Add butter, then when it foams, add egg. Immediately give it a few stirs (as though you're making scrambled eggs) then when the base just starts to set, spread it all out to cover the base.



4. Wait 20 - 30 seconds, then use a rubber spatula to lift up the edge, tilt pan to make the egg run off the surface under the omelette. Repeat 2 or 3 times around the edges of the omelette.
5. Sprinkle half the omelette with some of the cheese, top with mushrooms and baby spinach, top with remaining cheese.
6. Cover with lid and cook for 30 seconds or until the underside is light golden and top is just set – cheese won't melt.
7. Fold omelette in half to cover mushrooms, transfer to serving plate immediately – remaining heat will melt cheese.

Nutritional Tips:

- A quick, nutritious meal that can be made with whatever vegetables you have on hand.
- Use frozen or canned mushrooms for a cheaper alternative to fresh.
- Swap butter for an oil spray or olive oil spread to reduce fat.
- Add extra vegetables like grated carrot or capsicum for more fibre and nutrients.
- If cheese is too expensive, try nutritional yeast for a budget-friendly flavour boost.

Storage Tips:

In the **fridge**, a cooked omelette can be safely stored for **3 to 4 days** — as long as it's kept in an airtight container or wrapped tightly in plastic or foil.

Storage tips:

- Let it **cool fully** before refrigerating.
- Store in the **coldest part** of your fridge (usually near the back).
- If it starts smelling funky, feels slimy, or looks off — toss it.

If you're prepping meals ahead of time, freezing is the better move for anything beyond 4 days.

You can **freeze** an omelette for up to 2–3 months and still keep good flavour and texture, especially if it's wrapped and stored properly. Here's a quick breakdown:

How to freeze an omelette:


1. Let it cool completely after cooking.
2. Wrap tightly in plastic wrap or foil (or both).
3. Place it in a freezer-safe bag or airtight container.
4. Label with the date.

How to reheat:

- Microwave: Wrap in a damp paper towel and heat in 30-second bursts.
- Oven: 175°C for 10–15 minutes, wrapped in foil.



Nutritional Information: Per 1 Serve

Omelette		
Nutrition Information		
Serving Size: 1 serving		
	Average Quantity per Serving	%Daily Intake*
Energy	1499.6 kJ	17 %
Protein	16.9 g	34 %
Fat, total	30.9 g	44 %
- saturated	17.1 g	71 %
Carbohydrate	3.1 g	1 %
- sugars	3.1 g	
- lactose	0 g	
- galactose	0 g	
- starches	0.7 g	
Dietary Fibre	1.7 g	6 %
Sodium	353.3 mg	15 %
Vitamin C	9.2 mg	
Vitamin A	277.7 µg	
Calcium	218.9 mg	
Iron	1.2 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
Per Serving 		
Full Info at cronometer.com		

Australia/NZ Label ▼

Recipe Credit:

Nagi Maehashi

<https://www.recipetineats.com/omelette/>