



*Catriona McMorris*




## OMELETTE IN A JAR

This is so easy & great to prepare in advance and can be used for breakfast, lunch or main meal.

 Time Efficient

  Protein

 Nutritious

Use a variety of veggies to suit you!

For a main meal you can add another egg.

Bake a salmon darne and flake instead of bacon

Nutritional yeast and extra veggies good for vegetarian options

Feta cheese, good quality cheddar, parmesan, mozzarella my favourites, but try your own mix!

### INGREDIENTS:

In a jar / jug:

- 1-2 eggs beaten in a little milk
- 1 bacon medallion chopped / flaked salmon or add 1 tbsp Nutritional Yeast for vegetarian
- Chopped baby spinach
- 1 chopped mushroom
- 1-2 cherry tomatoes
- Grated hard cheese like cheddar or parmesan



- Leave in the fridge for when you require
- Pour a little olive oil on a pan, cook for 2-3 mins on a medium heat.
- Finish under the grill until nice and fluffy

**SERVING OPTIONS:**

- Serve alone as a light supper, very filling and satisfying and not heavy on the tummy.
- For a main meal add in a nice side salad.
- Its very tempting to go to town on the bread! If you are having, add 1 slice of brown bread / porridge bread or similar.