

courgette omelette

by David Tchilingirian

what you will need

6 eggs
1 large courgette
1 onion
1 clove of garlic
½ teaspoon cumin
Handful of parsley
Pinch of salt and pepper
1 tablespoon olive or sunflower oil

get cooking

Crack the eggs into a bowl and whisk.

Add salt pepper and cumin.

Wash the courgette and grate it.

Squeeze the water out of the courgette (use kitchen roll) and discard it.

Finely chop the onion and garlic and fry gently in ½ tablespoon of oil until soft.

Add the courgette and continue to fry gently.

Add the rest of the oil and then add the eggs.

Cook slowly until firm. Flip the omelette over to cook the top side or put under the grill to brown.

Serve with chopped tomato and balsamic vinegar.

Serves 4

Preparation time = 10mins

Cooking time = 10mins

**Cost per serving =
less than £1**

alternatives

Try using other vegetables instead of the courgette - grated carrot tastes great and looks good.

Add red peppers for extra colour.

top tips

Serve with chunks of crusty bread - try making your own with the wholemeal bread recipe.



**Do you want to
improve your health?**

**Have more energy?
Feel happier?**

**Free health coaching
www.live-well.org.uk**