

Egg me up Johnny! â€“ Fluffy Veggie Omelette

Description

I donâ€™t know who Johnny is exactly, but Iâ€™m pretty sure he appreciates a good omelette. And actually, so do I, especially on those days when the fridge looks a little random, there are vegetables that need to be used, and you still want to make something that feels nourishing, comforting and actually tasty.

I had a bunch of eggs, some spinach and a collection of leftover vegetables sitting in the fridge, so the solution was simple: throw it all together and hope for the best. Luckily, omelettes are pretty forgiving like that. A little chopping, a little mixing, and suddenly it turns into a meal that feels way more satisfying than the effort it takes.

Two things Iâ€™m always trying to do a little more when cooking are:

1. how eat more vegetables
2. using whatever I have in the house.

If I manage those two things, I honestly already feel pretty satisfied. It makes cooking feel less complicated and a lot more creative. Some of the best meals come from just working with whatâ€™s there instead of overthinking it.

This vegetable omelette is one of those all-round winners: easy, filling, packed with goodness and perfect for breakfast, lunch or one of those lazy â€œwhatâ€™s for dinner?â€• evenings. And as a bonus, it helps clear out the fridge a little too.

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Nourishment

Protein: ~18â€“22g
Fiber: medium
Veggie level: high
Keeps you full: yes
Energy: steady
Mood: grounded & happy

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Ingredients

- 4 eggs
- Big handful of spinach
- Approx 10 mushrooms
- Approx 10 cherry tomatoes
- Any other kind of vegetables
- Chives
- Butter

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Directions

- Give the eggs a good whisking. A bit of air makes the omelette softer and fluffier. Add pepper & salt and optional add a bit of milk and maybe some drops of Tabasco to add some spice.
- In a big skillet, heat a drop of olive oil and cook the mushrooms for a few minutes. Add the tomatoes, then the spinach, and cook until the spinach softens. Set the vegetables aside.
- Add a knob of butter to the pan and let it bubble gently. Pour in the eggs. As the omelette starts to cook, softly tuck the cooked edges inward with a spatula and let the still-fluid egg run to the sides of the pan. This helps create a fluffy, evenly cooked omelette.
- Fold the omelette gently in half. Add the vegetables back into the pan for just a moment to warm through, then slide everything onto a plate.

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