

Easy Egg Omelette Wrap



Preparation time:	5 mins
Serves:	4 people
User Rating:	★★★★☆

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Ingredients

- 8 eggs
- 8 tbsp water
- Freshly ground black pepper
- 2 tbsp snipped chives
- 3 shallots, finely chopped
- 1/2 red capsicum, finely chopped
- 4 sheets flat or mountain bread
- Canola oil spray

Method

1. Beat eggs and water together with fork. Add pepper and stir through.

- 2. Heat frying pan and spray with oil. When hot, pour in 1/4 of the egg mixture.
- 3. Tilt pan and lift up the edge of the omelette so the egg mixture runs underneath.
- 4. As the omelette begins to set sprinkle with a quarter of the chives, shallots and capsicum.
- 5. Cook for a further minute and as soon as the omelette sets, remove from the pan & place on bread. Roll up and serve.
- 6. Repeat 3 more times, spraying the pan with oil before cooking each omelette.

Notes

If you don't have shallots or red capsicum, use whatever nutritious, tasty ingredients you have in the fridge.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre	Vitamin D
184g	1250kj 299kcal	18g	9.2g	2.5g	34.1g	3.7g	462mg	3.2g	5.2µg

All nutrition values are per serve.