

Easy green omelette

Search:

- [Recipes](#)

Easy green omelette

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));  
Tweet !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");
```



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

Easy green omelette



Rate this recipe

0 people are cooking this [Count me in](#)

Breakfast has never looked so tasty with this green omelette by Steph Lowe.

If you like eggs and ham, you'll love green eggs and bacon! This recipe is part of [Steph Lowe's 7 day meal plan](#) to beat your cravings. This breakfast will fuel you so you can tackle anything the day throws at you.

Ingredients (serves 1)

- 3 eggs, free range
- ½ bunch broccolini
- 2 button mushrooms, chopped
- 2 rashers organic bacon, diced
- Cold-pressed extra-virgin coconut oil
- 30 g goat's feta
- 1 handful kale, finely chopped
- ½ [avocado](#), mashed
- Sea salt and pepper

Method

Beat eggs and combine chopped vegetables and bacon in a large bowl.

Easy green omelette

Pour mix into a lightly oiled frypan and cook until eggs are to your liking.
Sprinkle feta and add kale to one half of the omelette and gently fold in half. Cook for a further minute or two.
Serve omelette with avocado mash and season with salt and pepper to taste.

Check out Steph Lowe's full [7 day meal plan](#) to kick start your week.

```
function displayNutrition(msg) { $('.nutrition-label-container').text(msg); $('.nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('.result').html(data); alert('This recipe was added to your favorites list'); }); }
```