



Spinach & red pepper Omelet



Makes : Serves 1

Ingredients

2 eggs
Hand full of mushrooms about 6
Hand full of spinach
Half a red pepper chopped
black pepper chilli flakes and basil seasoning or fresh
avocado oil

Method

Cook all the ingredients on on your frying pan with a tsp of avocado oil and then add in the egg. once the egg is cooked then mix in your seasoning, black pepper, chilli flakes and basil.

Serve it on to your plate and drizzle a tbs of green fresh pesto on top. You may want to add one slice of smoked salmon.