



REST DAY MEAL

Bacon and spinach omelette

INGREDIENTS (1 serving)

- 10ml (0.5 fl.oz) olive oil
- 5 slices of turkey bacon, cut into 1cm strips
- 2 scallions, chopped
- 2 big handfuls of spinach
- 25g (0.8oz) pine nuts, toasted
- 30g (1.1oz) feta
- 2 eggs
- 3 egg whites
- 110g (3.9oz) tomatoes
- 2 handfuls of salad greens

Eggs are the daddy of all protein sources, they are packed full of protein and healthy fats. This recipe calls for the eggs to be turned into a lovely omelette.

Why not try taking the ingredients and turning it into a breakfast fry up? Grill the bacon and tomatoes, wilt the spinach and then fry your eggs or make cheesy scrambled eggs.

If you need a breakfast that you can make and take with you on the move mix all the ingredients together and make a banging frittata, this can be cooked the night before and just grab and go in the morning.

METHOD

Preheat your broiler to maximum.

Heat half the oil in a non-stick pan over a medium to high heat, throw in your bacon and scallions, fry for 2-3 minutes until the bacon is crispy. Turn the heat down, throw in your spinach, pine nuts and feta, give a good mix and set to one side.

Crack the eggs and egg whites into a bowl and give a good mix.

Melt the remaining oil in a non-stick frying pan over a high heat. When the oil is hot, tip in your beaten egg mixture into the pan and use a wooden or plastic spoon to move the egg around as it cooks, a little like making scrambled eggs. When there is more firm egg than loose, slide under the grill for 1-2 minutes.

Pile your bacon mix on top of the omelette, fold the omelette in half, make a salad with the tomatoes and salad greens then pile on your plate with the omelette.