

**REDUCED CARBOHYDRATE MEAL****Spinach and cheese omelette****INGREDIENTS (1 serving)**

- 4 eggs
- 1 egg white
- small handful of fresh herbs - optional
- 10ml (0.4 fl. oz) olive oil
- 2 big handfuls of baby spinach
- 85g (3.1oz) feta cheese

Eggs are one of the best sources of protein and fats all wrapped up in one – so what better way to enjoy them than having an omelette filled with spinach and delicious cheese. If you make a mess of the omelette, don't worry you're still a master chef as now you have scrambled eggs.

METHOD

Crack the eggs and egg white into a bowl along with your choice of fresh herbs.

Heat the oil in a non-stick frying pan over a high heat. When the oil is hot pour the 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, turn the heat down to medium.

Gently tip your omelette out onto a plate, top with the spinach and feta.