

Capsicum and spinach Breakfast Omelette

Omelette recipes can make for a great cooked breakfast, and can be made using a range of healthy ingredients. This capsicum breakfast omelette recipe makes use of our tasty Capsicum and Apricot salsa.

Ingredients

- 2 eggs
- 1 Tbsp milk
- 2 tsp oil
- ¼ onion, peeled and diced
- ¼ cup loosely packed baby spinach leaves
- 1/8 cup diced feta
- 2 tsp Wild Appetite Capsicum & Apricot Salsa

Method

Beat eggs and milk, until just combined. Season well. Heat oil in a small fry pan over a medium heat. Add onion and fry for 1 minute, until softened. Pour in egg mixture and as eggs begin to cook, use a wooden spoon to carefully drag the cooked egg to the centre, allowing the uncooked mixture to flow to the edges. When omelette is nearly cooked, place feta, spinach and capsicum salsa down the centre. Fold the sides of the omelette over the filling and serve immediately.

