

Pizza Omelette

This fluffy omelette is simple, light and healthy! Packed full of vegetables and a variety of flavours, this snack also provides a great source of protein from the egg (a perfect choice for your vegetarian days). Served warm with salad, this omelette is sure to satisfy hungry tummies.



Serves 10 children



20 minutes

INGREDIENTS

Eggs, whole, raw 260g (6 whole)

Milk, reduced fat 130mls (1/2 cup)

Spring onions, raw 60g (2 large)

Tomato, raw 170g (1 large)

Cheddar cheese, grated, reduced fat 60g
(1/2 cup)

Mushroom, fresh or canned 40g (3
whole)

Garlic, raw 1 clove

Pepper 1 pinch

Canola oil 5mls (1 tsp)

DIRECTIONS

1. Place the eggs, half of the cheese and milk into bowl, mix well.
2. Dice tomato, spring onion, garlic and mushrooms.
3. Heat canola oil in fry pan and cook tomatoes, spring onion, mushrooms and garlic.
4. Pour in the egg, cheese and milk mixture. Cook on low until almost cooked through.
5. Sprinkle remaining cheese on top of mixture.
6. Place fry pan under grill until golden brown on top.

Allergy Information

Contains: egg

Childcare RDI Calculator:

Fat	<div></div>	10 %
Vegetables	<div></div>	40 %
Meat/Alt*	<div></div>	45 %
Cereals		0 %
Dairy	<div></div>	55 %
Fruit		0 %

* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services