

Creamy Parma ham, pea & spinach omelette



BODY SHAPE
PERFORMANCE

- 3 eggs
- 1 tbsp ricotta cheese (or use dairy free cheese if preferred)
- salt and pepper to season
- 2 tps ghee or coconut oil
- 2 slices Parma ham
- 1 handful fresh spinach leaves
- 25g frozen peas

SERVES 1

Mix the eggs, cheese and salt and pepper in a jug until thoroughly combined.

Melt the ghee / oil in a large frying pan over a medium heat. Pour in the egg mixture, covering the base of the pan. Cook gently for 3-4 minutes until the centre of the omelette begins to firm up.

Add the ham, spinach and peas over one half of the omelette. Cook for around 2 minutes until the spinach has wilted.

Lift and fold the 'empty' half of the omelette over the filling ingredients to cover them. Cook for 1-2 minutes.

Cut the omelette in half and remove from the pan using a slice. Serve.

Consume immediately.



PER SERVING:
427 Calories
6g Carbs
31g Protein
31g Fat