

## Bacon & Mushroom Omelette



2 Serves

5 Mins Preparation  
10 Mins Cooking

### INGREDIENTS

- ghee (1 tsp)
- 400g mushrooms (sliced)
- 90g lean bacon (cut into strips)
- 5 eggs
- full cream milk (dash)
- 85g chickpeas (rinsed)
- 45g feta
- 5g flat leaf parsley

### METHOD

- Step One      Melt the ghee over a medium heat; saute the mushrooms and bacon until they soften slightly. Spread the bacon and mushroom out evenly across the pan.
- Step Two      Crack the eggs into a bowl and whisk with a fork with a dash of milk. Pour eggs into pan and leave to set and cook for a few minutes, don't fiddle with it as you will end up with scrambled eggs.
- Step Three     Meanwhile place the chickpeas in a small bowl and smash with a fork. Add the feta and parsley and stir to combine.
- Step Four      When the omelette is cooked to your liking fold both sides into the centre. Divide into two even portions and serve with the smashed chickpea and feta.

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This sample recipe has been designed for an average size person.

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