

Egg White Omelette with Rocket, Parmesan and Basil Oil

Often when I cook something that requires egg yolks, I freeze the whites. I place them in a ziplock bag in lots of two and defrost them in a little warm water when I need them. This is really handy when making friands or meringues as they require a lot of egg whites. If I have an abundanceI make this gob-smackingly healthy omelette for breaky!

Prep time: 10 minutes Cooking time: 15 minutes \$ Low Budget

Serves 1

1 tsp butter (or marg)

2 egg whites

1 egg

1 tbs of water

a handful of baby rocket leaves

2 tbs of grated parmesan cheese

1tbs of grated mozzarella (optional)

1/2 a roma tomato

4 basil leaves

2 tbs of extra virgin olive oil

pinch of sea salt and cracked black pepper

2 tsp Balsamic vinegar (good quality if possible)

Pre heat the oven to 180°C

Place the tomato on a small baking tray and drizzle with a tiny bit of extra virgin olive oil. Season with salt and pepper and bake in the oven for approximately 15 minutes.

Place the basil leaves in a mortar and pestle or blender with a pinch of salt. Pound the basil until it has become a nice bright green paste and then stir in the olive oil.

Whisk the egg whites and egg together in a bowl with the water and season with salt and pepper. Heat butter in 20cm non stick pan on moderate heat

until melted and add egg mixture. Swirl around so the egg mixture covers the base of the pan. when the omelette is about half cooked through sprinkle the cheese on one half of the omelette and top with rocket leaves. With an egg flip lift up 1/2 of the omelette and flip over rocket mixture. Allow to cook for another minute or so until the rocket has wilted slightly and flip in half again so that the omelette resembles a quarter circle.

Slide the omelette on to a plate, place the tomato on the side and drizzle with the basil oil and balsamic vinegar. Enjoy!!