

Red Onion & Feta Omelette

Servings: 1

Prep Time: 5min

Cook Time: 5min



Ingredients

- 2 large eggs
- Sea salt and freshly ground black pepper for seasoning
- 2 tbsp. chopped fresh basil
- ¼ of a small red onion; sliced thinly
- 1 tbsp. olive oil
- ⅓ cup feta cheese; crumbled
- 4–6 small cherry tomatoes; halved

Directions

1. Place the eggs in a bowl and whisk until frothy. Add a pinch of salt and pepper, whisk again to blend and then set aside.
2. Pour the oil in a frying pan over medium heat.
3. Once the oil is heated through, add the beaten egg and cook for 2½ min. until the egg has set.
4. Top the egg with the feta cheese and then add the onion, basil and tomatoes.
5. Season with a bit of salt and pepper and then fold the omelette in half; cook for an additional 2 min. before transferring to a plate.
6. Serve immediately.