



READY TO COOK
BY HARRIS FARM

CORN OMELETTE WITH ASPARAGUS & AVOCADO



PREP
15 min



COOK
15 min



SERVES
4

INGREDIENTS:

- > 2 Bunches Asparagus
- > 1 Can Corn Kernels
- > ½ Red Onion
- > 8 Eggs
- > ½ Punnet Rocket
- > 1 Avocado
- > 100g Danish Feta

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > 2 Tbsp Red Wine Vinegar
- > 2 Tbsp Sugar
- > Olive Oil
- > Salt and Pepper

METHOD - GET COOKING!



1 Bring a medium sized **pot with salted water to the boil.**

Cut the hard ends off the asparagus and discard. Cook the asparagus in the boiling water for 2 minutes. Drain and refresh in icy water. Set aside.

2 Drain the corn kernels, slice the asparagus into thirds and finely slice the red onion.

In a small pot, add the sliced onion, red wine vinegar and sugar. Mix well, then heat the pot to dissolve the sugar. Pour into a bowl and place in the fridge to cool down.

3 For one omelette, whisk 2 eggs in a mixing bowl and season with salt and pepper.

Bring a medium sized frying pan to medium heat and drizzle with olive oil. Pour in the egg mixture, spread evenly over the pan. Sprinkle ¼ of the corn and Danish feta on top. When the egg is nearly firm, carefully fold one half over the other and cook further for 1 minute. Carefully remove from the pan and set aside. Repeat the process for the next three omelettes.

4 In a separate bowl, mix the pickled onion, rocket, avocado and asparagus.

Serve corn omelettes topped with asparagus, onion, rocket and avo mix.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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