



Enriched Tomato and Cheese Omelette

Ingredients	Quantity
Eggs (medium)	2
Tomato, raw, diced	1
Milk	1tb
Butter	1tb
Parmasen Cheese, grated	1tb
Cheddar cheese, grated	1tb
Chives, finely diced	1tb
Enrich Plus WPI	15g (1 scoop)

Serves – 1

Method

1. Cut the tomato in half, de-seed and finely dice.
2. Lightly beat the eggs with milk and **Enrich Plus** together with a fork. Pour in the egg mixture immediately and cook over medium-high heat, ensuring the egg is being cooked evenly on the pan. When the underside is golden lower the heat. Scatter the grated cheese, herbs and diced tomato on top.
3. Cook for a further 30 seconds then slide the omelette from the pan onto a plate, ensuring the omelette folds over itself. Serve immediately.

Nutritional Content	Per Serve
Energy	2113kJ
Protein	36g
Total Fat	38g
- saturated fat	20g
Carbohydrate	6g
Calcium	298mg
Sodium	526mg

Recommended Food Fortifier:

