



The Gathered Green

ABN: 60 149 134 643

P: 0409 841 048

jane@thegatheredgreen.com.au

## **BROCCOLI OMELETTE WITH OVEN-ROASTED CHERRY TOMATOES**

Thank you to Chef Pete Evans for this recipe and picture.

*Serves 2*

### **Ingredients**

- 2.5 tablespoons coconut oil
- ½ onion, finely chopped
- 200 grams broccoli, cut into small florets
- 2 garlic cloves, finely chopped
- Sea salt and freshly ground black pepper
- 6 eggs (preferably pastured or free-range organic)
- Flat leaf parsley leaves, torn to serve
- Marinated goat cheese (optional)





**The Gathered Green**

ABN: 60 149 134 643

P: 0409 841 048

[jane@thegatheredgreen.com.au](mailto:jane@thegatheredgreen.com.au)

## Method

Preheat oven to 200 degrees Celsius.

Place tomatoes on a prepared tray and drizzle over with 1 tablespoon of melted coconut oil. Season with salt and pepper. Roast for 8 to 10 minutes or until tomatoes soften slightly.

Meanwhile, melt 1 tablespoon of oil in a medium frying pan over medium heat. Add the onion and cook for 4 to 5 minutes or until translucent. Add the broccoli and cook for 5 minutes or until lightly browned and softened, tossing occasionally. Add the garlic and cook for 1 minute. Season to taste with salt and pepper. Remove from the pan and keep warm.

To make the omelettes, crack the eggs into a bowl and whisk lightly until combined. Season with a pinch of salt and pepper.

Wipe the pan clean and place over medium heat.

Heat 2 teaspoons of oil in the pan. Pour in half of the egg mixture and tilt the pan so the mixture covers the base. Cook for one minute or until the omelette is set underneath and still runny on top.

Spoon half of the cooked broccoli mixture onto one side of the omelette and cook about 1 to 2 minutes or until the egg is lightly golden underneath and just set on top. Fold the uncovered half of the omelette over the broccoli mixture. Slide onto a serving plate and keep warm. Repeat this process to make the second omelette.

Divide the tomatoes between the plates and sprinkle with parsley. Add marinated goat cheese to plate if desired.

Serve with sauerkraut on the side.

Enjoy!

Jane

