

# Breakfast 1

## Omelette:

Seasonal fillings including tomatoes, capsicums, spinach and chives with a generous sprinkle of mild cheddar cheese and chunks of crispy bacon.

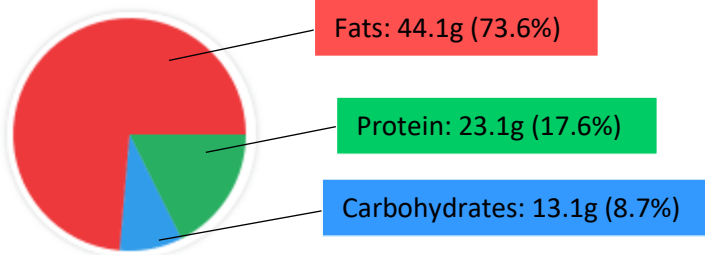
LC

GF



## Ingredients

- 2x medium eggs
- 2x tablespoons heavy cream
- 1x tablespoon olive oil
- 1x tablespoon fresh chives
- ¼ cup chopped mixed capsicums
- 4x cherry tomatoes
- 1x cup chopped spinach
- 2x tablespoons grated cheddar
- 3x tablespoons bacon pieces



See the directions for this recipe and the full nutrition panel on the following page.

## Garden produce in this meal



Tomatoes



Capsicum



Spinach



Chives

# Instructions

1. Whisk your eggs and heavy cream together in a bowl.
2. Pour olive oil into a pan and let it heat slowly.
3. Pour omelette mixture into pan.
4. Let it cook until it starts to bubble.
5. Add your chopped capsicum, tomatoes, spinach, bacon, cheddar and chives.
6. Cook for another 2 minutes and then flip your omelette in half.
7. Serve with more chives sprinkled on the top.

## Omlette

### Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	2231.7 kJ	26 %
Protein	23.1 g	46 %
Fat, total	44.1 g	63 %
- saturated	16.2 g	67 %
Carbohydrate	9.6 g	4 %
- sugars	8.6 g	
- lactose	0.9 g	
- galactose	0.1 g	
- starches	0 g	
Dietary Fibre	3.5 g	12 %
Sodium	493 mg	21 %
Vitamin C	169.6 mg	
Vitamin A	1807.7 µg	
Calcium	221.8 mg	
Iron	2.9 mg	

\*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving



Eggs are a cheap source of protein. Introducing permaculture practices on the campuses will allow us to have cage free, free range chickens