

Spicy Omelette

Per serving

264 kcals

17.4g fat

Ingredients:

2 medium eggs

Half a diced onion

1/2 Red and 1/2 green pepper chopped small

Half tsp chilli powder

Salt to taste

Cooking instructions:

1. Fry onions and peppers in Fry Lite and add salt until onions soften.
2. Whisk eggs, add chilli powder, pour over onions and peppers in pan and cook on a low heat until one side is cooked, turn over and cover with lid for 3-5 mins until omelette rises.