

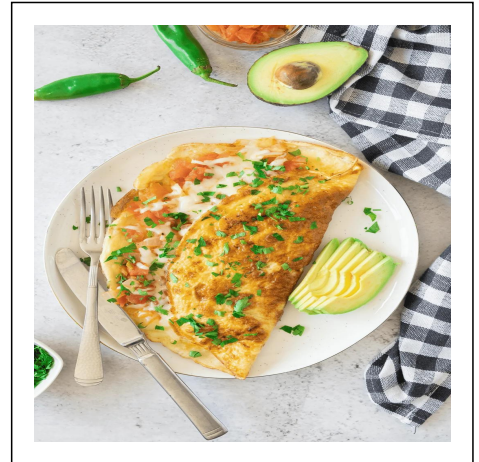
Recipe Name: Mexican Style Omelette With Avocado Dressing Recipe

Diet Type:

Course: World Breakfast

Cuisine: Mexican

Quantity: 1 serving



Ingredients

Ingredient	Quantity
• 1 Avocado	2
• 1 Fresh Red Chilli	
• 4 tablespoon Curd (Dahi / Yogurt)	
• Lemon zest - as required	
• 1 Lemon	
• Coriander (Dhania) Leaves - chopped as required	
• Salt - salt to taste	
• 1 Onion	
• 1 Red Bell pepper (Capsicum) - sliced	
• 1 Green Bell Pepper (Capsicum) - sliced	
• 2 sprig Coriander (Dhania) Leaves - chopped	
• Salt - to taste	
• 6 Whole Eggs	
• 1/4 tablespoon Black pepper powder	
• Cheese - shredded	
• 2 tablespoon Milk	
• Extra Virgin Olive Oil - or butter	

Preparation

- To begin with the Mexican Style Omelette With Avocado Dressing, heat and pan and add some oil.
- Add some onion to the pan and saute them till they are transparent, now add the bell peppers and salt as per taste.
- Take the pan from flame and keep the mixture aside.
- Add the avocado dressing to the mixture and also add some shredded cheese on them.
- Now beat eggs in a bowl, add some milk and whisk them again for a while.
- Heat pan and add olive oil, as the oil heats up pour the egg mixture and wait until the egg starts to set.



- Now sprinkle vegetable mixture over the egg and let it cook for 2 minutesRoll up Omelette and remove it from the flame.
- Your Mexican Style Omelette With Avocado Dressing Recipe Is ready to be served.
- You can serve them with a toast on the side and some fresh juice to complete your breakfast.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	20	15	25	5	2

