

Recipe Name: Stuffed Omelette Recipe With Cheesy Garlic Mushroom & Corn

Diet Type: Vegetarian

Course: World Breakfast

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 100 grams Button mushrooms - sliced	4
• 1/4 cup Sweet corn	
• 1 tablespoon Nutralite Cheesy Garlic Mayo	
• 1 sprig Basil leaves	
• 1 tablespoon Nutralite Garlic & Oregano Spread	
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• 4 Whole Eggs	
• Salt and Pepper - to taste	

Preparation

- To begin making the Stuffed Omelette Recipe With Cheesy Garlic Mushroom & Corn, break the eggs into a bowl sprinkle some salt, pepper and whisk till it combines well.
- Toss well to combine.
- Keep the stuffing aside.
- Heat a another flat nonstick skillet to make the omelette, Add a tablespoon of Nutralite Garlic & Oregano Spread.
- Keep the heat to medium and slowly add the whisked eggs.
- Allow the egg to cook for 5 minutes until both sides are cooked.

Macronutrients



Calories (kcal) Protein (g) Carbs (g) Fat (g) Fiber (g) Sugar (g)

