



# Goldenlay Omega 3

## Pizza Omelette



Preparation time: 5 minutes

Cooking time: 5 minutes

### Ingredients

2 x Goldenlay Omega 3 eggs

85g tomato

25g mushrooms

20g Mozzarella

Pinch of mixed herbs

## Method

1. Break the eggs into a jug and beat with a fork.
2. Pour the eggs into a hot frying pan and quickly swirl around the pan. Pull the mixture away from the sides, using a spatula, and tip to let the uncooked eggs slip underneath.
3. When the top is nearly set, add the chopped tomatoes, sliced mushrooms and Mozzarella. Sprinkle over the mixed herbs. Add salt and pepper to taste, if desired.
4. Place the pan under a hot grill and grill until the cheese bubbles. Serve with green salad and French bread.

*Why not try making a face with the ingredients to make your kids smile?*