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## Kale Omlette

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Serves: 2

Preparation time: 10 minutes

Cooking time: 18 minutes

- 2 medium waxy potatoes, diced (350g)
- 1 tbsp olive oil
- 1 onion, sliced (175g)
- 75g Kale, chopped
- 6 medium eggs, beaten
- 75ml milk

### Method:

Boil the potatoes for 8-10 minutes until tender. Drain.

Meanwhile, heat the oil in a 24cm frying pan and fry the onion and Kale for 7-8 minutes. Add the potatoes.

Mix together the eggs, milk and seasoning. Pour into the frying pan and cook gently, covered for 7-8 minutes, finishing under a preheated grill for 1-2 minutes until cooked throughout.

**Tip:** Sprinkle with toasted pine nuts and serve either hot or cold with a crisp green salad.

### Nutritional information:

- 500kcal
- 30g protein
- 28g fat (of which 7g saturated)
- 39g carbohydrate (of which 9g sugar)
- 4.5g fibre
- 0.8g salt