



GLUTEN-FREE - DAIRY FREE - VEGETARIAN -

# Kimchi Omelette

🕒 **READY IN:** 10 minutes    🍴 **SERVES:** 1

**This Kimchi Omelette will be your new favourite way to eat eggs! Packed with flavour and full of gut-friendly bacteria.**

## **INGREDIENTS**

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- 1 ½ teaspoon olive oil
- ½ onion, diced
- ½ small zucchini, diced
- 1-2 shiitake mushrooms, sliced
- 1 egg, whisked
- 1 tablespoon kimchi
- 1 spring onion, finely sliced

## **METHOD**

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In a small frypan, heat one teaspoon of olive oil on medium heat. Saute onion, zucchini, mushroom for a few minutes until soft. Add kimchi and mix through until warm. Set aside.

Add the half teaspoon of olive oil to the pan to warm, Add whisked egg and rotate frypan to coat egg on the bottom of the pan. Cook until cooked to taste on the bottom, but still slightly gooey on top. Add kimchi + vegetable mix onto one half of the egg mixture in the pan. Slide egg (with topping) onto the plate, kimchi + vegetable side first. Once half of it is on the plate, slide the rest over the top like a lid to the omelette. Garnish with spring onions and serve warm.

💡 Using only one egg makes a lovely light omelette. Pairs well with goats cheese.