



# Mushroom, Onion, Pak Choy Omelette

## Ingredients (serves 1)

- 3 eggs
- salt and pepper
- garlic powder
- ½ to 1 cup Shiitake Mushroom onion mix (as per recipe)
- spray of olive oil
- 1 tbsp grated parmesan
- 1 tbsp sauerkraut (as per recipe)
- chopped chives

## Instructions

- Crack 3 eggs into a bowl and season to taste with salt, pepper and garlic powder, whisk well until all combined and slightly frothy.
- Heat up a pan with a spray or two of olive oil, not sizzling hot, medium heat is good.
- Pour in the egg mixture and allow to spread across the pan. The edges should start setting quite quickly. With a spatula gently push edges in and allow uncooked liquid to fill the edges until most of the egg is set.
- Layer on the mushroom and onion mix on half the omelette and sprinkle over the parmesan cheese.
- Carefully fold over the other half of the omelette. Cook for another 30 seconds or so.
- Slide the omelette onto a plate and serve with sauerkraut and a side salad.

Don't over stuff the filling or it will break.

Avoid high heat which browns and dries out the egg.