

GREEN EGGS AND GRUYÈRE

Gruyère is hands-down one of our favourite cheeses. I love to think of it as the star of the show here, but you're welcome to use any hard cheese that you have available.

Serves 2 • Ready in 15 minutes



WHAT YOU NEED

2 large handfuls baby spinach
1 spring onion, roughly chopped
1 small handful fresh basil and parsley
4 eggs
¼ cup milk
1 pinch salt

To serve

avocado
shavings of hard cheese (e.g. Gruyère)
100g feta or soft goat's milk cheese
1–2 Tbsp toasted sunflower seeds
extra roughly chopped fresh herbs
flash-fried sweet baby tomatoes or mushrooms

WHAT TO DO

1. Blitz the greens, eggs and milk together in a food processor.
2. Pour half the mixture into a lightly oiled, non-stick pan over medium-high heat, swirling the pan to ensure that the mixture is evenly spread. After 3–4 minutes, when the base of the omelette is cooked and just starting to colour, add half the toppings to one side, fold over gently to cover, and continue cooking over low-medium heat for another 1–2 minutes or until cooked through.
3. Set aside the cooked omelette and repeat with the remaining mixture before serving immediately.