

## Fluffy Omelet with Sautéed Cherry Tomatoes & Mushrooms

### Mild Curry Blend Balsamic Dressing

*Serves 1*

*Preparation time 5 minutes*

*Cooking time 10 minutes*

#### Ingredients:

**2-3 cherry tomatoes cut in half\***

**80g mushrooms, thinly sliced\***

**1 clove garlic, crushed**

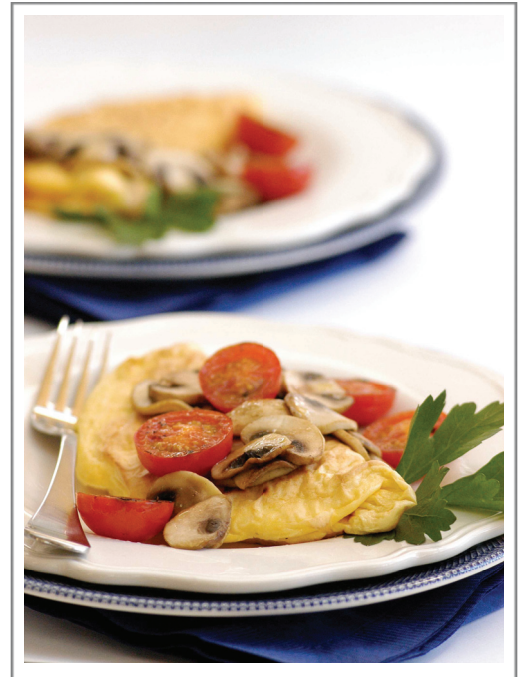
**2 tablespoons Balsamic Dressing**

**2 eggs\***

**½ teaspoon Mild Curry Blend**

**1 teaspoon water**

**Salt and pepper**



#### Method:

1. Heat a lightly oiled fry pan over medium heat; add cherry tomatoes, mushrooms and garlic. Cook stirring for 5 minutes. Remove from the heat and set aside.
2. Crack the eggs into a small bowl. Add **Mild Curry Blend**, water, salt and pepper and mix together with a fork, but do not over beat.
3. Heat a small lightly oiled frying pan over medium heat. Pour in eggs and tilt the pan to cover the base with the egg, reduce heat and cover for approximately 3 minutes.
4. As soon as the egg is almost set flip one half of the omelet into the middle. Slide the omelet onto a plate with the mushrooms and tomatoes.
5. Drizzle with **Balsamic Dressing** and serve.

\* Adjust weight to your portion size

#### ...Cook's Tips

*Extra servings:*

To increase servings to include the rest of the family simply times ingredients by how many servings are required. (e.g. 4 x teaspoons of Mild Curry Blend. etc for four people)

Top with grated tasty cheese and serve with Toasted Healthy Way Bread.