

Asian Veggie Omelette

6 ingredients · 20 minutes · 1 serving



Directions

1. Heat coconut oil in a medium-sized frying pan over medium heat. Saute the bok choy for 2 minutes. Add mushrooms and cook for 2-3 more minutes or until all veggies are soft. Transfer the veggies to a bowl and set aside.
2. In a bowl, whisk together eggs, tamari and green onion.
3. Pour the egg mixture into the same pan over medium heat, and let cook until almost set. Place the mushrooms and bok choy on one half of the omelette and fold the other half over top. Remove from heat and season with sea salt and black pepper to taste. Enjoy!

Notes

Make it Fluffy

Whisk unsweetened almond milk into your egg mixture.

More Flavour

Whisk sesame oil into your egg mixture.

Mix it Up

Use up whatever vegetables you have on hand. Red onion, bell peppers or baby spinach work well.

Likes it Spicy

Serve with hot sauce.

Ingredients

- 1 1/2 **tsps** Coconut Oil
- 1/2 **cup** Shiitake Mushrooms (sliced)
- 1 **cup** Bok Choy (sliced into quarters)
- 3 Egg
- 2 1/4 **tsps** Tamari
- 2 **stalks** Green Onion (sliced)

Nutrition

Amount per serving

Calories	339	Vitamin C	35mg
Fat	21g	Calcium	175mg
Saturated	10g	Iron	4mg
Carbs	15g	Vitamin D	143IU
Fiber	3g	Vitamin B6	0.6mg
Sugar	5g	Folate	142µg
Protein	23g	Vitamin B12	1.4µg
Cholesterol	558mg	Magnesium	51mg
Sodium	1019mg	Zinc	3mg
Potassium	535mg	Selenium	65µg
Vitamin A	4898IU		