Breakfast

Folded Omelette with Sausages and Bacon

Fluffy folded eggs packed with golden sausages, sizzling bacon and warm cherry tomatoes, served with a zesty rocket side and a spoonful of spicy chutney.



Low fat | Low sugar

10 min	345	13.1 g	9.9 g
time	calories	carbs	sugars

Ingredients, 1 serving

- [ ] Calorie-controlled cooking spray
- [ ] 2 lean chicken sausages
- [ ] 2 lean bacon medallions
- [ ] 75 g cherry tomatoes, halved
- [ ] Handful rocket leaves
- [ ] 1 tsp lemon juice
- [ ] 2 eggs
- [ ] 50 ml skimmed milk
- [ ] 1 tbsp spicy tomato chutney

Method

- [ ] **1** Set a large non-stick frying pan over a medium-high heat after giving it a coating of calorie-controlled cooking spray. Put the lean chicken sausages and lean bacon medallions in and let them cook for 5 minutes, turning them now and then. Once that time is up, add the halved cherry tomatoes and give them 2 minutes in the pan. Then pull the pan away from the heat and slice the sausages in half along their length.
- [ ] **2** In a bowl, dress the handful of rocket leaves with the lemon juice, season however you prefer, and keep it to one side.
- [ ] **3** Give the eggs and skimmed milk a good whisk together in a jug, seasoning the mixture once blended. For the omelette itself, coat a small non-stick frying pan lightly with more calorie-controlled cooking spray and place it over a medium-high heat. Pour the egg mixture in and leave it for 30 seconds, which should be enough for the base to set. Pull the set edges inward with a spatula so the still-liquid egg can slide underneath, and continue cooking for another 2-3 minutes until it is nearly done.
- [ ] **4** Cover one half of the omelette with the sausages, bacon and cherry tomatoes, then lift the empty half over the top so the filling sits enclosed.
- [ ] **5** Ease the omelette onto a plate and bring it to the table with the dressed rocket leaves alongside plus the spicy tomato chutney.

Nutrition Facts

Per serving

Calories	**345**
Total fat	15.2 g
Saturated fat	4.4 g
Sodium	Not listed
Total carbs	13.1 g
Fiber	2.4 g
Total sugars	9.9 g
Protein	39.3 g

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