

# FLUFFY OMELETTES

Serves 1

## INGREDIENTS

- 2 eggs, separated
- 1 Tbsp milk
- 1/2 cup spinach leaves
- 2 slices of ham, roughly torn
- 1/4 cup grated cheese

## METHOD

1. Separate egg yolks from whites. Place the egg yolks in a bowl with the milk and combine.
2. In a separate bowl, whisk the egg whites in a clean bowl until they form medium soft peaks, using the electric beater.
3. Gently fold into the egg yolk mixture with a spatula.
4. Heat oil in a frying pan over a medium heat. Add the spinach and cook for 1-2 minutes or until wilted. Remove from the pan and wipe clean with paper towel.
5. Spray the pan again and re-heat. Pour in the egg mixture and cook for 2-3 minutes or until surface is almost set.
6. Place the ham, spinach and cheese over half the omelette, then fold over the other side to enclose the filling.