

Less than 30 minutes

Serves 4

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Ingredients:

- Olive oil, for frying
- 1 red onion, thickly sliced into 'petals'
- 1 large packet (400g) PnP tasty stem broccoli, halved lengthways
- 4 tsp (20ml) Dijon or wholegrain mustard
- 1 cup (250ml) milk or cream
- 2 cups (250g) finely grated mozzarella
- 12 eggs
- Salt and milled pepper
- ½ packet (150g) baby spinach
- 2 discs (60g each) feta, crumbled
- Toasted pumpkin seeds and ruby microherbs, for serving (optional)

Method

1. Heat a glug of oil in a 15cm pan.
2. Sauté onion, remove and set aside.
3. Add 6-8 broccoli stems to the pan and brown for 2 minutes.
4. Whisk 1 tsp (5ml) mustard and ¼ cup (60ml) each milk and mozzarella with 3 egg yolks. Season.
5. Lightly whisk 3 egg whites until fluffy and three times the volume.
6. Fold egg whites through yolk mixture and pour over broccoli in pan.
7. Fry omelette for 2-4 minutes, swirling pan occasionally while lifting sides with a spatula to ensure eggs cook evenly.
8. Add ¼ cup of the spinach, a handful mozzarella, and some crumbled feta and sautéed onion.
9. Fold omelette to enclose filling (silicone spatula works best) and turn out onto a plate.

10. Repeat to make 3 more omelettes.

11. Serve warm, topped with pumpkin seeds and microherbs, if you like.

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