

# Creamy Parma ham, pea & spinach omelette

W&G

3 eggs  
1 tbsp ricotta cheese (or use dairy free cheese if preferred)  
salt and pepper to season  
2 tsps ghee or coconut oil  
2 slices Parma ham  
1 handful fresh spinach leaves  
25g frozen peas

SERVES 1

Mix the eggs, cheese and salt and pepper in a jug until thoroughly combined.

Melt the ghee / oil in a large frying pan over a medium heat. Pour in the egg mixture, covering the base of the pan. Cook gently for 3-4 minutes until the centre of the omelette begins to firm up.

Add the ham, spinach and peas over one half of the omelette. Cook for around 2 minutes until the spinach has wilted.

Lift and fold the 'empty' half of the omelette over the filling ingredients to cover them. Cook for 1-2 minutes.

Cut the omelette in half and remove from the pan using a slice. Serve.

*Consume immediately.*



PER SERVING:  
427 Calories  
**6g Carbs**  
31g Protein  
**31g Fat**

