

# Prawn & Feta Omelette



**Serves 2**

**Prep 5 mins**

**Cooking 10 mins**

**Easy**

## **Ingredients**

olive oil, for frying

1 ripe tomato, diced

1 spring onion, trimmed & chopped

8 cooked king prawns, peeled & deveined

4 eggs, beaten

1 tsp chopped fresh oregano or pinch of dried oregano

50g feta cheese, crumbled

sea salt & freshly ground black pepper

1. Preheat the grill to medium
2. In a small heat-proof frying pan, heat a dash of oil and add the tomato and the spring onion, Season and cook over a medium heat for 2-3 minutes or until the tomatoes are starting to break down. Add the prawns, mix well to coat in the tomatoes and cook for 1 minute to warm through.
3. Meanwhile, heat a grill proof frying pan over a medium heat. Add a little oil and, when hot, pour in the beaten eggs, seasoning them well first. Cook for 1-2 minutes until the underside of the egg is beginning to set but the top remains runny.
4. Sprinkle the oregano over the omelette, then pour the tomato and prawn mix over the top, making sure the prawns are in an even layer. Crumble over the feta cheese, season and add a drizzle of oil.
5. Place the omelette under the hot grill and grill for 2-3 mins until the egg is just cooked through. Remove and serve.