

Souffléed Avocado Omelette



Serves 2 **Prep 5 mins**

Cooking 10 mins

Easy

Ingredients

3 medium eggs, separated
1 tbsp milk
2 tbsp chopped fresh parsley (save some for decoration)
2 tbsp olive oil
1 avocado, halved, stoned, sliced
juice of 1/2 lemon
tomato salad to serve

1. Place the egg whites in a large bowl and whisk to soft peaks. Place the egg yolks in a separate bowl with the milk and the parsley. Season and beat together. Add a quarter of the whites to the yolks and gently stir. Fold in the remaining egg whites.
2. Preheat the grill to high. Heat the oil in a 20cm non-stick oven-proof frying pan. Add the egg mixture and cook for 2-3 mins until lightly set. Place under the grill for 1-2 mins to cook the top.
3. Lay the avocado slices over one half of the omelette and squeeze over the lemon juice. Fold over the other half and sprinkle with some more parsley and a tomato salad.