

Creamy omelette veg bake



1 tsp ghee or coconut oil plus extra to grease dish
3 rashers unsmoked back bacon, visible fat removed and cut into pieces
70g courgette, finely diced
40g closed cup mushrooms, chopped
50g white onion, finely diced
2 cloves garlic, finely chopped
40g plain yoghurt (use dairy free if preferred)
8 eggs
a small pinch of sea salt
a small pinch of ground black pepper
¾ tsp paprika
50g spinach leaves, chopped
40g Cheddar cheese, grated (use dairy free if preferred)

Melt the ghee / oil in a frying pan over a medium heat. Add the bacon and fry gently for one minute on each side.

Add the courgette, mushrooms and onion and cook for 3 minutes, stirring occasionally. Add the garlic and fry for 2-3 minutes, stirring frequently. Remove pan from heat.

Preheat oven to 175°C / 350°F. Grease the sides of a 20 x 20cm oven dish with ghee or coconut oil. Set aside.

Whisk the eggs and yoghurt in a jug. Add the salt, pepper, paprika and spinach and stir well. Transfer the bacon mixture into the oven dish, spreading out evenly. Pour the egg mixture over the top and stir.

Bake for 20 minutes. Sprinkle the cheese over the top and bake for around 10 minutes or until eggs are cooked. Cut into 6 pieces and serve. Enjoy hot or cold.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

SERVES 6



PER SERVING:
167 Calories
3g Carbs
14g Protein
11g Fat

