

Avocado and Chicken Omelette

A cheesy omelette filled with chicken and avocado, perfect for breakfast or as a light lunch.



Main Dish

15 min

Total time

Medium

Difficulty

370

kcal / serving

Ingredients

- Ingredients for 1 person
- 1 egg
- 3 tablespoons of grated cheese
- 50g chicken breast, diced
- Half an avocado, diced
- Salt and pepper to taste

Steps

- 1 Start by heating a non-stick pan over medium heat.
- 2 Beat the egg in a bowl with a dash of salt and pepper.
- 3 Pour the egg mixture into the pan and cook on both sides until golden and cooked through.
- 4 Place the diced chicken and avocado on one half of the omelette and then add the grated cheese.
- 5 Fold the omelette in half and cook for a few more minutes until the cheese is melted.
- 6 Serve the omelette with a salad.