

Colorful Veggie Omelette

Start your day with a nutritious and vibrant veggie omelette that's packed with flavor and wholesome ingredients. This recipe requires plenty of chopping, making it both fun and engaging for your morning routine.


15 min

Total time

easy

Difficulty

320

kcal / serving

Ingredients

- 2 large eggs
- 1/4 red bell pepper, diced
- 1/4 green bell pepper, diced
- 1/4 small onion, diced
- 1/4 cup spinach, chopped
- 1/4 cup cherry tomatoes, halved
- Salt and pepper to taste
- Olive oil for cooking
- Fresh herbs (like parsley or chives) for garnish

Steps

- 1 In a bowl, whisk the eggs with a pinch of salt and pepper until well combined.
- 2 Heat a non-stick skillet over medium heat and add a drizzle of olive oil.
- 3 Add the diced onion and bell peppers to the skillet, sautéing for 3-4 minutes until they soften.
- 4 Stir in the chopped spinach and halved cherry tomatoes, cooking for another 2 minutes.
- 5 Pour the whisked eggs over the sautéed vegetables, gently tilting the pan to coat evenly.
- 6 Cook for about 3-5 minutes, or until the edges begin to set and the bottom is lightly golden.
- 7 Carefully flip the omelette or fold it in half and let it cook for another minute.
- 8 Slide the omelette onto a plate, garnish with fresh herbs, and serve warm.