

Savory Spinach and Feta Omelette

This delightful omelette combines the richness of eggs with the fresh taste of spinach and the tangy flavor of feta cheese.

Perfect for a quick breakfast or light lunch, it's both nutritious and satisfying.



Main Dish

10 min

Total time

easy

Difficulty

300

kcal / serving

Ingredients

- 2 large eggs
- 1/2 cup fresh spinach, chopped
- 30g feta cheese, crumbled
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: fresh herbs for garnish

Steps

- 1 In a bowl, whisk the eggs until well combined. Season with salt and pepper.
- 2 Heat olive oil in a non-stick skillet over medium heat.
- 3 Add the chopped spinach and sauté until wilted, about 2 minutes.
- 4 Pour the whisked eggs over the spinach, tilting the pan to ensure even coverage.
- 5 Cook for 2-3 minutes until the edges start to set.
- 6 Sprinkle the crumbled feta on one half of the omelette.
- 7 Carefully fold the other half over the feta and cook for another minute.
- 8 Slide the omelette onto a plate, garnish with fresh herbs if desired, and serve hot.