

MUSHROOM & KALE EGG WHITE OMELETTE

Serves 1

INGREDIENTS

4 egg whites
1/2 punnet of mushrooms
2 handfuls of kale
1/4 teaspoon chili flakes
1 tbsp chopped parsley
Olive oil spray
1/2 avocado (optional)
Salt & Pepper to taste

METHOD:

Wash and slice the mushrooms.

Spray olive oil into a pan over medium heat, add in the mushrooms and kale, stir until cooked.

Place to the side.

Add some more olive oil and pour your egg whites into the pan.

Once cooked add in the parsley, vegetables and fold over.

Top with avocado and salt & pepper to taste.