

Egg white omelette with grilled tomato salad

Serves 2

Ingredients

- 6 Egg whites
- 2 Medium Spring Onions, sliced
- ½ cup basil
- ¼ cup fresh parsley, roughly chopped
- 300g [or 12 large on the vine if possible] cherry tomatoes
- Olive oil spray
- 8 cherry sized Bocconcini balls



Method

1. Preheat the oven to 150°C. Place the tomatoes on a baking tray lined with baking paper and roast for 15-20 minutes or until softened but still holding shape. Once cooked, set aside and keep warm.
2. While the tomatoes are cooking, place the egg whites in a large clean bowl. Beat with an electric mixer for about 2-3 minutes or until soft peaks form. Gently fold in the spring onions and half of the basil and parsley.
3. Lightly spray a 20cm non stick ovenproof frypan with olive oil; heat to medium heat. Pour in half the egg white mixture and cook for 2 minutes or until the omelette is lightly browned on the bottom.
4. Place the frypan under a grill and cook the omelette under medium heat for a further 2 minutes or until it has set. Remove from the grill; place half of the bocconcini on one side of the omelette and fold the omelette in half using an egg flip. Slide onto a plate and keep warm. Repeat this process to make the second omelette.
5. To serve, place the roasted tomatoes alongside the omelette and sprinkle with a pinch of sea salt and pepper, and remaining basil leaves.