

FAT FREE HASH BROWN OMELETTE STUFFED WITH MUSHROOM AND SPINACH



Serving: 4

Cooking Time: 20 minutes

Prep Time: 15 minutes

INGREDIENTS

- 30ml (2 tbsp) butter

- 1 large potato with skin on, grated
- 2 large eggs
- 30ml (2 tbsp) fat free milk
- 15ml (1 tbsp) olive oil
- 1 onion, finely chopped
- 1 garlic clove, finely chopped
- 150g small button mushrooms, halved
- ½ red pepper, cubed
- 50g English spinach
- Salt and freshly ground black pepper, to taste
- 45ml (3 tbsp) mozzarella, grated
- 60ml (¼ cup) sour cream, to serve

INSTRUCTIONS

1. Melt the 15ml (1 tbsp) of the butter over medium heat and add the potato. With a spatula flatten into a large thin circle. Place the remaining butter over the top cover with the lid and cook until the bottom of the hash brown is golden.
2. Whisk the eggs and milk well together and pour over the hash brown. Place the lid back on and let the egg set for a few minutes.
3. In another frying pan heat the oil and sauté the onion and garlic for a few seconds, add the mushrooms, pepper, spinach and season.
4. Spoon the filling mixture on half of the hash brown and sprinkle with the cheese. Fold the empty half over and cover for a moment until the cheese has melted.

5. Drizzle with the sour cream and serve immediately.

Description:

This scrumptious breakfast combo of egg and potato will have you speaking in tongues for days. You can also add a chopped tomato or for a special breakfast treat make it with blue cheese and bacon.