

Ultra Lazy Zucchini Ham Cheese Omelette

★★★★★
5 from 15 votes

Prep Time

1 min

Cook Time

5 mins

Total Time

6 mins

You can make this delicious omelette even when you're half asleep! Watch the recipe VIDEO below and you'll see how Ultra Lazy - and ultra delicious - this really is. Make this for a nutritious breakfast OR as a meal - I find this quite filling.

Servings: 1

Calories: 401 kcal

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Ingredients

1 tbsp / 15g butter (eyeball it)
1/2 garlic (unpeeled is fine)
1 medium zucchini (courgette)
2 large eggs (~60g/2oz)
25 g / 1 oz ham , shaved / torn
2 tbsp / 20g grated cheese (any melting cheese of choice)
Salt and pepper

Instructions

1. Melt butter in a medium non stick skillet over medium high heat (or medium if your stove is strong).
2. While the butter is melting, use a box grater to grate 1/2 a garlic clove straight into the pan. Then grate in the zucchini.
3. Saute zucchini until it softens - about 2 minutes. Sprinkle with salt and pepper.
4. Spread zucchini in the skillet, crack in the eggs onto the zucchini. Use a fork to "whisk" and spread it out.
5. Top with cheese then ham, sprinkle with pepper.
6. When you can see the egg is mostly set on the surface, fold in half - there should be golden bits on the underside.
7. Leave for 20 seconds then flip again. Leave for 20 seconds, then remove from stove and slide the omelette straight onto a plate.
8. Serve immediately!

Recipe Notes

1. Use this recipe has a base for all sorts of combinations, especially if you're willing to pull out a chopping board! However, here are some ideas in the spirit of the Ultra Lazy approach: grate in carrot, potato, sweet potato, asparagus (break it into bite size pieces straight into the pan), frozen or canned corn, other cured meats like prosciutto, smoked salmon, flake in hot smoked salmon or even tuna, strips of chargrilled capsicum, sun dried tomatoes, olives, capers, anything else that comes in cans!

2. NUTRITION TIPS: Table below is per the recipe. If you use a non stick pan, sub the butter with 1 tsp olive oil, and reduce the cheese to 1 tbsp, then the calories per serving reduces to 298 calories.

| Nutrition Facts | |
|---|-----------------------|
| Zucchini Ham Cheese Omelette | |
| Serving Size: <input type="text" value="1"/> Serving (494g) | |
| Amount Per Serving | |
| Calories 401 | Calories from Fat 263 |
| % Daily Value* | |
| Total Fat 29g | 45% |
| Saturated Fat 14g | 70% |
| Trans Fat 0.7g | |
| Polyunsaturated Fat 3.1g | |
| Monounsaturated Fat 8.7g | |
| Cholesterol 396mg | 132% |
| Sodium 767mg | 32% |
| Potassium 1147mg | 33% |
| Total Carbohydrates 11g | 4% |
| Dietary Fiber 3.5g | 14% |
| Sugars 6.6g | |
| Protein 26g | |
| Vitamin A | 98% |
| Vitamin C | 74% |
| Calcium | 8.6% |
| Iron | 17% |

* Percent Daily Values are based on a 2000 calorie diet.

Another great recipe by www.recipetineats.com