



EGG WHITE OMELETTE

SERVES 1

Ingredients

3 LARGE EGG WHITES

1 TEASPOON UNSALTED BUTTER

SALT

PEPPER

Method

IN A SMALL BOWL USING A WHISK, WHIP EGG WHITES UNTIL SLIGHTLY FLUFFY, SEASON WITH A PINCH EACH OF SALT AND PEPPER.

ADD THE TEASPOON OF UNSALTED BUTTER USING A NON-STICK PAN SET TO MEDIUM HEAT, START COOKING THE EGG WHITES, SWIRLING THE PAN.

USING A RUBBER SPATULA, KEEP MOVING THE EGGS AROUND UNTIL THEY BECOME COOKED, AT THIS POINT FLIP THE EGGS TO FORM THE OMELETTE.

TILT THE PAN TOWARDS YOUR PLATE SO THEY FOLD ON TOP OF EACH OTHER TO FORM THE OMELETTE.

