



The Gathered Green

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LEEK, SILVERBEET & FETA OMELETTE

Thank you to taste.com.au, for the picture and for the inspiration used for this recipe.

Serves 2

Ingredients

- 50 grams butter
- 2 leeks, trimmed, halved lengthwise, thinly sliced
- 2 cloves garlic, crushed
- 100 grams silverbeet, stems removed and finely chopped
- 6 eggs
- 1/3 cup of parsley, finely chopped
- 1/3 cup coconut oil
- Extra virgin olive oil to drizzle
- ¼ cup marinated feta
- Roasted pine nuts, to serve





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Method

Melt butter in a large frying pan over medium heat.

Add leeks and garlic and cook, stirring occasionally for 15 minutes, or until leeks are soft.

Add silverbeet and stir to combine.

Cook for a further 30 seconds or until silverbeet is wilted.

Season with salt and pepper.

Whisk eggs, parsley and 1 tablespoon cold water in a large bowl.

Heat 2 tablespoons of coconut oil in a frying pan, over medium high heat.

Add half egg mixture, swirling pan to coat base.

Cook for 2 minutes, or until top is almost set and base is golden.

Spoon half the leek/silverbeet mixture over half the omelette.

Fold omelette over to enclose.

Slide onto a plate and scatter with half the feta.

Repeat with remaining oil, egg mixture, leek/silverbeet mixture and feta.

Drizzle with olive oil and scatter with pine nuts to serve.

Enjoy!

Jane

