

# Avocado & Kale Omelette

A recipe from Kim Plaza



## Ingredients

2 large eggs  
1 tsp milk  
Pinch of salt  
2 tsp extra-virgin olive oil  
1 handful of chopped kale  
 $\frac{1}{4}$  avocado, sliced  
1 tbsp lime juice  
1 tbsp chopped fresh coriander  
1 tsp unsalted sunflower seeds  
Pinch of pepper  
Pinch of salt

## Method

Beat eggs with milk and salt in a small bowl. Heat 1 teaspoon oil in a small non-stick skillet over medium heat.

Add the egg mixture and cook until the bottom is set and the centre is still a bit runny, 1 to 2 minutes. Flip the omelette over and cook until set, about 30 seconds more.

Transfer to a plate. Toss kale with the remaining 1 teaspoon oil, lime juice, coriander, sunflower seeds, pepper and a pinch of salt.

Top the omelette with the kale salad and avocado.

\*Dish may not look like image used