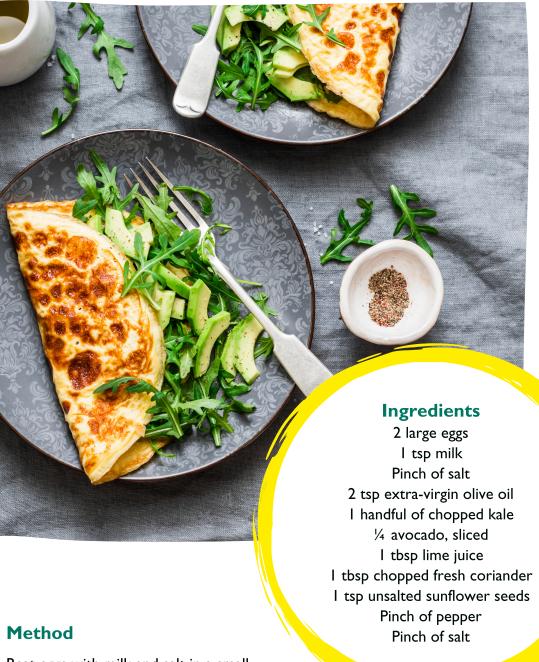
Avocado & Kale Omelette

A recipe from Kim Plaza



Beat eggs with milk and salt in a small bowl. Heat I 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, I to 2 minutes. Flip the omelette over and cook until set, about 30 seconds more.

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

Top the omelette with the kale salad and avocado.