



## Veggie Omelet

**Serve:** 2

**Courses:** Breakfast

**Variants:** Pure Olive Oil

**Proteins:** Non Veg

### Ingredients:

- 1) 4 eggs
- 2) 1 cup milk
- 3) 1 capsicum, chopped
- 4) 1 onion, chopped
- 5) 1 tomato, chopped
- 6) 1/2 carrot, grated
- 7) Salt, to taste
- 8) Pepper, to taste

### Methods:

**Step 1:** Make a usual omelet with egg and milk. Add salt and pepper, to taste.

**Step 2:** SautÃ© chopped veggies and grated carrot in olive oil.

**Step 3:** Place the veggies on half the omelette. Fold over.

**Step 4:** Serve with toast and ketchup.

THANK YOU

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