



Oats Egg Omlette

Serving: 1

Non Veg

Ingredients

- 2 eggs whites
- 2 tbsp oats
- 1 tbsp Milk (optional)
- Salt to taste
- 1 pinch turmeric
- 1/2 tsp oregano
- 1/2 tsp pepper
- 2 tsp oil
- 2 tbsp onions chopped
- 2 tbsp carrot grated
- 1 tbsp capsicum chopped
- 1 tbsp tomato chopped
- 2 green chillies chopped
- a few coriander leaves

Preparation Method

- Beat the eggs until they become foamy.
- Combine the oats, turmeric, salt, pepper and oregano and add the milk, mixing until a batter forms.
- Add the eggs to this mixture and whisk.
- Heat a little oil in a frying pan and pour the mixture into the oil, spreading it evenly.
- Add the vegetables as the egg fries.
- Flip the omelette over after a minute and continue frying for another minute or so.
- Serve the omelette