



RECIPE PLANNER

[Recipe List](#) [Shopping Cart](#)

[Settings](#)

Recipe:

omlette

Recipe Text:

Whisk eggs, water, salt and pepper.
Spray 8-inch (20 cm) non-stick skillet with cooking spray. ...
When eggs are almost set on surface but still look moist, cover half of omelette with filling. ...
Cook for a minute, then slide omelette onto plate.
(Nutrients per serving as per without filling)

Ingredients:

Name	Amount	Unit	Action
egg	2.0	pcs	<div>Remove</div>
water	0.03	l	<div>Remove</div>
salt	1.0	pinch	<div>Remove</div>

Add ingredient

Cancel

Save