

OMELETTE PIZZA

Serves: 4

Prep time: 10 minutes

Cooking time: 10 minutes

Ingredients:

- 1 Tbsp ghee
- 4 eggs, beaten
- 2 Tbsp tomato pizza sauce*
- Baby spinach leaves
- Onion slices
- 1 mushroom
- ¼ cup tasty cheese
- ¼ cup mozzarella

* When choosing a pizza sauce it is preferable to find one that has no artificial colours or flavours.

Method:

1. Melt ghee in medium sized frypan on medium heat.
2. Once ghee is melted, pour beaten eggs into pan. Swirl the pan around so that egg is evenly distributed.
3. Allow to cook for one minute or until you can see that the underside is cooked. Reduce heat and flip omelette over to cook second side. Take caution when doing this so that you don't break the omelette. Cook for another minute or until cooked through.
4. Remove omelette and place onto plate or wooden chopping board.
5. Spread tomato sauce evenly over omelette. Add spinach leaves, mushroom, onion slices and cheeses.
6. Place prepared omelette pizza under medium grill for a few minutes until cheese has browned.
7. Cut into pizza slices and serve.



THE
GABRIEL
METHOD