



## BIO CAULIFLOWER AND WELSH ONION SPANISH OMELETTE

### Ingredients

300g Actiture bio cauliflower

8 eggs

Chopped Welsh onion

Milk

Olive oil

Ground pepper

Salt

### Instructions

1. Cut the Actiture bio cauliflower into florets that aren't too big and put them in a pot to boil with water and salt for 7 to 9 minutes.
2. Strain the cauliflower thoroughly after rinsing it with cold water to stop the cooking and set it aside.
3. Beat the eggs in a bowl and add a dash of milk, salt and ground pepper.
4. Sauté the chopped Welsh onion for a couple minutes in a frying pan with a dash of oil. Strain the Welsh onion and add half the beaten egg and set the rest aside.
5. Put the Welsh onion and egg mixture in the same frying pan with a little oil at medium heat, spread the cauliflower florets out on top and let the Spanish omelette set for 5 to 10 minutes.
6. When the Spanish omelette is done, decorate it with the rest of the Welsh onion that you set aside and serve.