



ORGANIC BROCCOLI AND PARMESAN CHEESE OMELETTE

Ingredients

1 organic Actiture broccoli

5 eggs

Parmesan cheese

Milk

Olive oil

Ground pepper

Salt

Instructions

1. Cut the organic Actiture broccoli into medium-sized florets and boil in a pot with water and salt for 3 minutes.
2. Drain the broccoli thoroughly after running it under cold water to stop it from cooking and set aside.
3. Beat the eggs in a bowl and add a splash of milk, salt, ground pepper and Parmesan cheese in flakes or grated to your liking.
4. Sauté the broccoli florets in a frying pan over medium heat with a dash of oil for one minute.
5. Top with the beaten egg and allow the omelette to set, turning it over with the help of a dish ... and voilà! Serve immediately and now is the moment to relish this healthy omelette dish.