



Oat Omelette

Dr Laura Wyness

SERVES: 2

TIME TO MAKE: 20 MINS

ALLERGENS: EGG, MILK

Hamlyns of Scotland, a family-owned business, has been producing oats in Scotland since 1965.

Ingredients

- 40g Hamlyns Scottish Porridge Oats, blended to make a flour consistency
- 3 – 4 tbsp milk
- 2 eggs
- 1 tsp oregano or basil (or any preferred seasoning)
- ¼ of an onion diced (about 2 tbsp)
- ½ a medium carrot, grated
- ½ a pepper, diced (about 2 tbsp)
- ½ a spring onion, sliced
- Rapeseed oil or olive oil for frying



Notes

Tastes delicious on it's own or with a salad.

Swap out the veggies and herbs for any of your favourites. A great dish for using up leftovers.

Method

1. Mix the oats, seasoning and add the milk to make a thick batter.
2. Add the egg and beat until thoroughly mixed and it's slightly frothy.
3. Heat a frying pan with a drizzle of oil. Pour the batter into the pan and sprinkle the vegetables over it. After a minute or two when the mix starts to firm up, press the vegetables down gently with a spatula.
4. Continue to cook on a medium heat until the base is firm and golden brown. Flip it to the other side and cook for another 1-2 minutes.
5. Serve with some chopped spring onions on top.

	ENERGY	FAT	SAT FAT	SUGARS	SALT	CARBS	PROTEIN	FIBRE
	301 kcal	17 g	3.9 g	5.7 g	0.41 g	19 g	16 g	4.2 g
%RI	15%	24%	20%	6%	7%	7%	32%	17%

Per 1 serving (230 g)

Reference Intakes (%RI) is based on an average adult woman (2000 kcal/8400 kJ)