



Fitness protinella omelette with tomato



*Up to 15
min.*



Simple



Vegetarian



Zubereitung

1. Remove the stalk from the tomatoes, cut out the stems and dice the tomatoes.
2. Cut the GOLDSTEIG Protinella into small cubes or grate. Cut the chives into small rolls.
3. Whisk the eggs, milk and chives well in a bowl. Season with salt and pepper.
4. Heat the olive oil in a small pan (approx. 15 cm in diameter). Pour half of the egg mixture into the pan. Add the tomatoes, GOLDSTEIG Protinella and sprouts.
5. Over a medium heat, slide a spatula along the base of the pan 3 to 4 times towards the centre of the pan and allow to set for 2 minutes over a mild to medium heat so that the GOLDSTEIG Protinella, tomato and sprouts are integrated into the egg mixture. Cover and cook for 2 to 3 mins.

Zutaten

Serves 2:

- 2 small tomatoes
- 2 packs of GOLDSTEIG Protinella Kugel
- 1/2 bunch of chives
- 100g sprouts
- 50g roasted nuts
- 6 eggs (size M)
- 90ml milk
- salt, pepper
- 1 tbsp olive oil

