

Protinella fitness omelette with tomatoes



*Up to 15
min.*



Simple



Vegetarisch



Zubereitung

1. Remove the stalk from the tomatoes, cut out the stems and cut up the tomatoes into cubes.
2. Cut the GOLDSTEIG Protinella into small cubes or grate it. Cut the chives up fine.
3. Whisk the eggs, milk and chives well in a bowl. Season with salt and pepper.
4. Heat up some olive oil in a small frying pan (approx. 15 cm Ø). Pour half of the egg mixture into the pan. Add the tomatoes, GOLDSTEIG Protinella and sprouts.
5. Push along the base of the pan towards the middle 3 or 4 times with a spatula over a medium heat and leave it to solidify for 2 minutes over a mild to medium heat so that the GOLDSTEIG Protinella, tomatoes and sprouts become part of the mixture. Put a lid on and finish it off for 2 to 3 minutes.

Zutaten

For 2 people:

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

