

Easy green omelette

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Breakfast has never looked so tasty with this green omelette by Steph Lowe.

If you like eggs and ham, you'll love green eggs and bacon! This recipe is part of [Steph Lowe's 7 day meal plan](#) to beat your cravings. This breakfast will fuel you so you can tackle anything the day throws at you.

Ingredients (serves 1)

- 3 eggs, free range
- ½ bunch broccolini
- 2 button mushrooms, chopped
- 2 rashers organic bacon, diced
- Cold-pressed extra-virgin coconut oil
- 30 g goat's feta
- 1 handful kale, finely chopped
- ½ [avocado](#), mashed
- Sea salt and pepper

Method

Beat eggs and combine chopped vegetables and bacon in a large bowl.

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Pour mix into a lightly oiled frypan and cook until eggs are to your liking. Sprinkle feta and add kale to one half of the omelette and gently fold in half. Cook for a further minute or two. Serve omelette with avocado mash and season with salt and pepper to taste.

Check out Steph Lowe's full [7 day meal plan](#) to kick start your week.

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