

Sweet Potato Ham and Cheese Omelette



Ingredients

- 15g butter
- 5g spring onions, chopped
- 40g ham, cubed
- 65g sweet potato, cooked & cut into small cubes
- 100g eggs
- 30ml water, warm
- 18.75g Annum Plain
- 1g cinnamon
- 1g salt
- 1g pepper
- 30g grated cheese

Relish:

- 35g red tomato, sliced
- 15g cucumber slices, for garnish
- 3 ml olive oil

Directions

1. Preheat oven to 375°F (190°C).
2. In an oven-safe pan, melt butter and sauté spring onions, ham and sweet potatoes.
3. In a bowl, whisk eggs with water, milk powder, cinnamon, salt and pepper. Pour into pan and stir to mix.
4. Sprinkle top with grated cheese and place pan in preheated oven for 10 minutes. Meanwhile, toss tomatoes & cucumbers in olive oil. Season with salt & pepper to taste. Set aside.
5. Serve immediately with relish.

Nutritional Value

	Per Serve Per Adequacy	
Energy (kcal)	335	15.0
Carbohydrates (g)	18	10.3
Proteins (g)	15	17.2
Fats (g)	23	-

Per Serve Per Adequacy

Dietary Fiber (g)	2	-
Folate (mcg)	99	16.5
Iron (mg)	6	15.8
Zinc (mg)	2	20.6
Calcium (mg)	359	44.9
Vitamin B12 (mcg)	0.5	0.0
