KIKKOMAN

Omelette with mushrooms, kale and feta

Total time **15 mins** **10 mins** preparation time **5 mins** cooking time

Nutritional facts (per portion):
2,112 kJ / 505 kcal

Fat: **30.7 g** Protein: **23.7 g**
Carbohydrates: **34.9 g**

INGREDIENTS

2 portion(s)

3	eggs
1 tsp	butter
1 tsp	Kikkoman Naturally Brewed Soy Sauce
1 pinch	pepper
To serve	
120 g	mushrooms
1 tsp	butter
1 tbsp	Kikkoman Naturally Brewed Soy Sauce
0.5 tsp	pepper
2 tbsp	chopped chives
50 g	kale
50 g	feta cheese
1 tbsp	lemon juice
1 tbsp	olive oil
4	slices whole grain bread

PREPARATION

Step 1

Slice the mushrooms. In a frying pan, fry them until browned in butter, then season with Kikkoman Naturally Brewed Soy Sauce, pepper and 1 tablespoon of chopped chives.

Step 2

Beat the eggs well, season it with Kikkoman Naturally Brewed Soy Sauce and pepper.

Step 3

Melt the butter in a pan. Pour eggs over it and fry on low heat, covered, until the top is firm. Put the finished omelette on a plate.

Step 4

Serve it with mushrooms and kale mixed with feta and olive oil. Sprinkle the dish with lemon juice and the rest of the chives. Serve with bread.