



Omelette with cheese & avocado cream

For a hearty breakfast: juicy omelette, melted cheese and a fine avocado cream ensure an enjoyable and energizing start to the day.

Zutaten

2 Portionen

Omelette ingredients

6 Organic eggs
10 ml Byodo Roast Olive Mediterranean
20 g Cheese, finely diced (Emmental or Gouda)
0.5 Tomato, diced flesh
0.5 Shallot, finely diced and blanched
Parsley, finely chopped
1 Splash Extra virgin olive oil, from Greece
1 Pinch Byodo organic sea salt
Pepper

Baharat (Arabic spice mix)

Ingredients avocado cream

1 Avocado (Hass variety)
1 EL Diced shallots, blanched
1 EL Diced tomatoes
20 ml Extra virgin olive oil, from Greece
1 Splash Byodo herbal vinegar
1 Splash Byodo Lemon Balsam
Byodo organic sea salt
Pepper
Fresh herbs, e.g. parsley
0.5 Chili pepper, cut into rings

Zubereitung

Preparation of omelette

Heat a frying pan with a little Byodo frying oil to about $\frac{3}{4}$ heat and crack the eggs into a bowl and season with a little salt, baharat and pepper. As soon as the pan is hot, spread the oil well again and then slide in the eggs. Allow the eggs to bake slightly and stir gently with a spatula. Spread the cheese, tomatoes, diced shallots and parsley over one half. As soon as the eggs are almost cooked through, slowly fold one half of the omelette over to the other side so that the cheese can melt and the omelette remains juicy.

Then transfer the omelette to a warmed plate. Finally, drizzle with a little Byodo olive oil.

Preparation of avocado cream

First cut the avocado in half, remove the stone and take the flesh out of the skin. Then mash the avocado with a fork or spoon and use all the ingredients to create a tangy, chunky cream.

Place the cream on top of the omelette, garnish with herbs and dukkah and enjoy.