

Mozzarella, Tomato and Zucchini Oven Omelette

with Side Salad

hellóchef

Cals 760 • Prot 48 • Carbs 18 • Fat 56

Vegetarian

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🕒 cook: 50 min

R2970



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Omelette	2 ppl	3 ppl	4 ppl	
Large zucchini	0.5	1	1	Pieces
Parmesan 4*	30	45	60	Grams
Cherry tomatoes	150	250	300	Grams
Fresh chives	15	15	15	Grams
Organic Eggs 5*	6	9	12	Pieces
Cooking cream 4*	200	200	200	ML
Garlic powder	2	4	4	Grams
Salt	1	2	2	Tsp
Black pepper	0.5	0.5	1	Tsp
Olive oil	1	2	2	Tbsp
Mozzarella ball 4*	125	250	250	Grams
To serve				
Fresh basil	15	15	15	Grams
Side salad				
Romaine lettuce	200	300	400	Grams
White balsamic vinegar 14*	15	22	30	ML
Dijon mustard 13*	6	9	12	Grams
Honey	20	20	40	Grams
Olive oil	2	3	4	Tbsp
Salt	0.5	0.5	0.5	Tsp
Black pepper	0.5	0.5	0.5	Tsp

Allergens

*4 Milk, *5 Eggs, *14 Sulphur Dioxide, *13 Mustard

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3167 / 760
Fat (g)	56
of which saturates (g)	32.8
Carbohydrate (g)	18
of which sugars (g)	11.6
Fiber (g)	4.5
Protein (g)	48.3
Salt (g)	1.5

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep ingredients

Preheat the oven to 200°C/180°C fan. Grate the **zucchini**, then squeeze any excess water from it. Grate the **Parmesan**. Halve the **cherry tomatoes**. Chop half of the **chives** (reserve the rest for garnish).



2 Combine

Crack the **eggs** into a bowl and whisk them. Add the grated **zucchini**, **Parmesan**, chopped **chives**, measured **cream**, **garlic powder**, **salt** and **pepper** (see pro tip). Mix well to combine.



3 Transfer

Grease a baking dish with **olive oil** (or line with baking paper). Pour the **zucchini** and **egg** mixture into the dish.



4 Decorate and bake

Tear the **mozzarella** into pieces and arrange it on top of the **omelette**. Decorate with the remaining **chives** and the **cherry tomato** halves. Bake in the oven for 30 min or until set but juicy (see pro tip).



5 Prep salad

Meanwhile, wash and dry the **Romaine lettuce**. Tear it into large pieces. In a small bowl, combine the **balsamic vinegar**, **mustard**, **honey** and **olive oil**. Season with a pinch of **salt** and **pepper**. Whisk until combined. Don't dress the **salad** until ready to serve.



6 Serve

Allow the **omelette** to rest for 5 min before serving. Garnish with the **fresh basil** leaves. Toss the **lettuce** in the **dressing**. Serve the **salad** to the side.