



Masala omelette

Recipe by Chelsea Goodwin,
from [‘Money-saving Meal Plans with Chelsea’](#)



Serves 1



Prep: 5 minutes

Cook: 5 minutes

INGREDIENTS

- 2 eggs
- ¼ tsp salt
- ¼ tsp garam masala
- ¼ tsp ground turmeric
- ⅛ tsp cayenne pepper (optional)
- 1 tomato, finely chopped
- 1 green onion, finely chopped
- ½ green chilli, finely chopped
- 1 tbsp finely chopped coriander leaves, plus extra to serve
- 2 tsp (10 ml) vegetable oil
- Lemon wedges, to serve

DIRECTIONS

1. In a medium bowl or jug, whisk the eggs, salt and ground spices until well combined. Stir in the tomato, spring onion, chilli and coriander. Set aside.
2. Heat the vegetable oil in a medium frying pan over medium heat, then pour in the egg mixture, tilting the pan to cover the base of the pan.
3. Cook for 2 minutes, or until almost set, then flip with a spatula. Cook for a further 1-2 minutes, or until cooked through. Remove from the heat.
4. Transfer the omelette to a plate and sprinkle with coriander leaves. Serve with lemon wedges on the side.



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