

Omelette jars

Breakfast

Makes 8 serves

Batch cook

Freezer friendly

Per serve: about 25g protein, 3g fibre

Ingredients

Tick what you've got. Amounts make 8 serves.

VEGGIES

- ☐ Avocado, 200g
- ☐ Capsicum, 60g
- ☐ Carrot, 80g
- ☐ Red carrot, 60g
- ☐ Celery, 90g
- ☐ Cherry tomatoes, 100g
- ☐ Chilli olives, 60g
- ☐ Cucumber, 90g
- ☐ Mesclun, 60g
- ☐ Mushroom, 50g
- ☐ Red onion, 80g

CHICKEN NUGGETS

- ☐ Chicken, 314g
- ☐ Almond meal, 60g
- ☐ Cajun spice, 20g
- ☐ Salt and pepper

FOR COOKING

- ☐ Eggs, 16 (about 800g)
- ☐ Avo and egg seasoning (optional)
- ☐ Coconut oil or butter

YOU'LL ALSO NEED

- ☐ 8 glass jars
- ☐ Glass containers for storing

Method

1. VEGGIE PREP

1. Cut into small pieces:
 - 200g avocado
 - 60g capsicum
 - 80g carrot
 - 60g red carrot
 - 90g celery
 - 100g cherry tomatoes
 - 60g chilli olives
 - 90g cucumber
 - 60g mesclun
 - 50g mushroom
 - 80g red onion
2. Divide evenly between **8 glass jars**, one per serve.
3. Store in the fridge.

2. CHICKEN NUGGETS

1. Cut **314g chicken** into 1 to 2cm pieces.
2. In a container, mix **60g almond meal**, **20g cajun spice**, and salt and pepper to taste.
3. Add the chicken and coat it well.
4. Cook in a hot, dry pan. The oil from the almond meal is enough.
5. Flip once the bottom is no longer translucent.
6. Cook until cooked through. It usually starts to smell yummy when it's ready. Don't overcook.
7. Split into **8 serves**. Freeze, or keep in the fridge until you need it.

3. COOK THE OMELETTES (4 TO 8 AT A TIME)

1. Tip **1 jar of veggies** into a bowl.
2. Add **1 serve of chicken nuggets**.
3. Add **2 eggs**, salt, pepper and avo and egg seasoning. Mix well.
4. Heat **a little coconut oil or butter** in a pan.
5. Pour in the mix and cook, flipping halfway.
6. Pop into a glass container, ready to freeze or eat.

4. REHEAT

1. If frozen, move it to the fridge the day before.
2. Take the lid off and microwave for **1 minute 10 seconds**.
3. Add salt if needed, and enjoy.