Low Protein Omelette

Ingredients:

- 75 g Fate low protein all purpose mix
- salt & pepper
- 100 mls water
- 1 teaspoon baking powder
- 3 – 4 drops yellow colouring
- 30 mls oil (to cook with)

For the filling:

- Mushrooms
- 50 g onions
- sundried tomatoes
- chopped fresh parsley
- olive oil

Method (for the filling):

Chop the onions and mushrooms finely. Put onto a pan under a gentle heat and add the oil and the butter. Stir in the onions and mushrooms and cook gently for approximately 5 minutes until they are fully cooked. Add in the sundried tomatoes. Season with salt & pepper and remove to a dish to cool. Chop up the parsley to have ready to add later.

Method (for the omelette):

In a separate bowl/jug place the low protein all purpose mix, the baking powder, the salt & pepper and mix well. Mix in the oil and water and add a couple of drops of the yellow colouring to give a light yellow colour to the dry mixture. Using an electric hand mixer mix on high speed for approximately 1-1½ minutes, moving all of the time until the mixture resembles a smooth creamy mayonnaise mixture. Stir in the cooled filling ingredients and then add in the parsley. Heat the frying pan until quite hot and add a little oil and a knob of butter. As son as the butter is melted add the omelette mixture to the pan and quickly spread over the base of the pan with a spoon. Leave to cook on a gentle heat for 1-2 minutes until the under side is browned. When the underside is browned, flip onto the other side and cook that side until golden brown. When cooked to golden brown remove from the pan onto a plate and serve.