



# Sausage and Mushroom Omelette

SERVES: 1

## INGREDIENTS

- 1 Peppercorn Extra Lean Beef Sausage
- 1 egg
- 1 egg white
- 1 tbsp water
- ½ cup mushrooms
- ½ tomato, finely diced
- 1 tbsp basil, chopped

## PREPARATION

1. Whisk together egg, egg white, water, salt and pepper.
2. Heat oil in a non-stick pan on medium heat and cook sausage for 8-10 minutes.
3. Add mushrooms and cook for another 3 minutes until lightly browned.
4. Add tomatoes and cook for a further 1 minute.
5. Add egg mixture and cook through.
6. Sprinkle basil over cooked egg and turn out onto a plate.