Baked Cheese And Chive Omelettes With Spicy Guacamole

Free recipe from The CSIRO Total Wellbeing Diet Recipes on a Budget by CSIRO, Baked Cheese and Chive Omelettes with Spicy Guacamole, page 22.

Serves 2 - Prep 15 mins - Cook 15 mins

Whipping the egg whites separately makes these oven-baked omelettes light, fluffy and a pleasure to eat.

1 Serve =
1 unit protein
1 unit bread
1 unit dairy
1 unit vegetables
1 unit fats
4 eggs, separated
2 tablespoons chopped chives
50 g cheddar, finely grated
cooking oil spray
2 slices wholemeal sourdough bread, toasted

**Spicy guacamole**
1/2 avocado, seeded and sliced
1 tablespoon lemon or lime juice
4–5 drops Tabasco sauce
2 tablespoons finely chopped red (Spanish) onion

1. Preheat the oven to 200°C.
2. For the spicy guacamole, mash the avocado with the lemon or lime juice and a few drops of Tabasco until smooth. Add the chopped onion and season to taste, then set aside.
3. In a small bowl, mix the egg yolks and chives with a fork until combined, then season with pepper. In another bowl, whisk the egg whites with a pinch of salt until soft peaks form. Gently fold the egg yolk mixture and grated cheese into the whites, being careful not to overmix.
4. Heat a small ovenproof frying pan over medium heat and spray with cooking oil. When hot, pour half the mixture into the frying pan and tilt the pan to spread evenly. Cook for 2–3 minutes, shaking the pan occasionally, until the underside is golden. Run a spatula around edge of the omelette and fold over one half. Transfer the pan to the oven for 3–4 minutes until the omelette is cooked through. Gently slide it onto a chopping board and cover to keep warm, then repeat with the remaining mixture to make the second omelette. Serve with spicy guacamole and toast alongside.

**Tip:** If your frying pan isn’t ovenproof, wrap the handle in foil to protect it.