



microtown 

Changing the world one Microgreen at a time

## Mushroom Omelette with Microgreens



### What you'll need:

- 1 teaspoon butter
- 3 eggs
- 1 tablespoon olive oil
- 1 handful fresh microgreens plus more for garnish
- 1/4 lb 110 g edible mushrooms
- salt and pepper to taste
- 4 Tbsp olive oil

### Let's do it:

1. Heat grill to medium high.
2. Brush mushroom with olive oil and grill, turning every couple of minutes, for 4-5 minutes. Allow to cool, chop coarsely and set aside.
3. In large skillet, heat butter over medium-high heat.
4. Whisk eggs, salt, and pepper in a bowl and add to skillet; cook, stirring occasionally, until large curds form, 3-4 minutes, then gently stir until eggs are almost set.
5. Using a rubber spatula, pat eggs into an even layer.
6. Add microgreens and mushrooms to top of one half of omelette.

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Microgreens grown  
sustainably & locally  
in Eltham