



SHEET PAN OMELETTES

135
calories

4.2 g
carbs

24.6 g
protein

1.6 g
fat

INGREDIENTS

MAKES 1 SHEET PAN (6 PORTIONS)

1L	egg whites
200g	cooked turkey breast
200g	mushrooms
1 bunch	spring onions
4 cloves	garlic
1 tbsp.	ginger
3 tbsp.	soy sauce
	salt
	white pepper
	chili flakes
	sweetener

Cut the turkey breast, mushrooms, and spring onions into small pieces and combine with the egg whites in a large bowl

Finely mince the garlic and ginger, and add to the egg mix

Season with soy sauce, white pepper, chili flakes, salt and a touch sweetener to taste

Preheat oven to 220° / 425°F

Prepare a deep sheet pan with non-stick reusable parchment paper (I have found that this prevents any possible leakage) and pour in the egg mixture

At this point, you can also top the eggs off with additional spring onions, fresh chilis/chili flakes, or some toasted sesame seeds!

Bake for 25min or until cooked through

Let the Omelette cool off and cut into 6 equal pieces

Lasts in the fridge for about 4-5 days, so perfect as a quick snack during the week!