

# CHICKPEA OMELETTE

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Makes 4 big omelettes



Total Time: 20min



Prep: 10min

## Ingredients

- 250g chickpea flour
- 2 cloves of garlic
- 1 whole red onion
- ¼ teaspoon ground black pepper
- 90g nutritional yeast
- ½ teaspoon baking soda
- 10ml dash of vinegar
- 10ml dash of oil
- 250ml of water
- Juice of half a lemon
- 3 whole spring onions
- 6 button mushrooms
- 50g of baby spinach

## Method

- Combine the chickpea flour, black ground pepper, nutritional yeast, and baking soda in a small bowl. Add 250ml of water and stir with a whisk until the batter is smooth.
- Heat a frying pan over medium heat.
- Thinly slice the red onion and garlic and slice the mushrooms and spring onions
- Add a little oil and fry the red onion, garlic and mushroom until they start to soften. Then add the sliced spring onion and spinach
- When the spinach has wilted down, pour the batter into the pan as if making pancakes.
- Cook on the first side for 3-4 minutes, you should see bubbles start to pop through the other side.
- Flip the omelette. When the underside is browned, flip the omelette again, and cook the other side for a minute.
- Serve your amazing Chickpea Omelet topped with tomatoes, spinach, salsa, avocado – play around and have fun with these toppings and mix it up!

## Equipment needed:

Chopping board, knife, mixing bowl, whisk, frying pan, spatula