



Lunch Recipe:

Traffic light omelettes (serves 1 – 2 people)

Remember that eating a healthy balanced diet is important for wellbeing and can help you to feel the best you can!



Energised

Omelettes contain eggs which are a good source of protein, which can help in giving you sustained energy throughout your day. Omelettes are a great lunch or breakfast to have ahead of playing sports or being active!



Ingredients:

1 medium potato, peeled and cubed, **1 teaspoon oil**, 1 small onion, finely chopped, **½ red or green pepper, finely chopped**, 1 clove garlic, finely chopped, **2 tbsp frozen peas**, 2 tomatoes, peeled and chopped, **2 medium eggs**

Tip: Double up on the above ingredient amounts if you want to make bigger portions to share with friends and family!

Method:

- 1. Boil the potato for 8–10 minutes.**
2. While the potato is cooking, heat the oil in a frying pan and fry the onion, pepper and garlic for a few minutes, until the vegetables are soft. Add the peas, drained potatoes and tomatoes.
- 3. Next beat the eggs together in a bowl and pour into the frying pan over the vegetables.**
4. Cook for another 5 minutes, then place under a grill on medium heat for 3–5 minutes until the egg has set and the top is golden brown.

Remember eating a balanced diet is just one part of maintaining good health and feeling 100%.

**WANT TO
FEEL 100%?**