

**USE  
IT UP™**



**COOK  
ME**



**FROM THE FRIDGE OMLETTE**



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Prep time



Cook time



Serves

## NEED

1 cup of any veg  
(we used zucchini  
and peas)

1/2 cup cheese  
(we used feta)

Olive oil

5 eggs

1 tbsp milk

Salt & Pepper

A failsafe way to use up any soft or excess veggies in your fridge for breakfast, lunch or dinner!

## HOW

1. Heat oil in pan on medium heat. Add zucchini (or any veg you have) and cook until soft and golden in colour.
2. Whisk eggs and milk in a bowl and season with salt and pepper.
3. Add peas into the pan and spread the vegetables evenly across the pan.
4. Pour the egg mixture into the pan and sprinkle cheese on top.
5. Turn down the heat to low and cook until the egg has set - about 10 minutes.
6. Slice and serve!

A Recipe by



**SAVE FOOD.  
SAVE MONEY.  
SAVE THE PLANET.**