

## GREEN PEA OMELETTE WITH CRISPY SPRING ONION DRESSING

Light, vibrant and full of early summer promise, this green pea omelette is a simple yet elegant ode to garden freshness. Our exquisite eggs are delicately folded around tender courgette and sweet peas, their verdant flavour lifted by a bright, herb-flecked dressing.

Prep time 15 minutes | Cook time 12 minutes | Serves 1

## Ingredients

1 courgette, finely grated 3 tbsp of olive oil 3 spring onions, finely sliced 1 tbsp capers, roughly chopped

1 tsp red wine vinegar

½ pack of parsley, roughly chopped 75g frozen peas, defrosted 2 Clarence Court eggs, beaten Pea shoots or rocket, to serve

Finely grate the courgette and tip into a sieve, salt and let it stand and drain for 10 minutes squeezing off the excess moisture whilst you prepare the dressing.

Add 2 tbsp of the olive oil to a small 18cm frying pan, add the spring onions, capers and cook until golden and crispy.

Once cooked, tip into a bowl and mix in the red wine vinegar and stir through the parsley.

Add the remaining 1 tbsp of oil to the pan over a medium heat, add the peas, grated courgette, and cook until softened and slightly coloured. Add the seasoned eggs and swirl the pan so the egg coats the entire pan and leave until it is beginning to set, tucking in the edges as it cooks and sets around 2 minutes

Using a plate that is a similar size to the pan, carefully invert the pan and flip the omelette onto the plate, slide back into the pan to continue cooking on the other side tucking in the edges as you go.

After a further 2 minutes, slide the omelette out onto the plate, top with pea shoots or rocket and serve drizzled in the spring onion dressing.







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