



Vegetable Omelette

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PORTIONS: 6

PREPARATION: **20 MINUTES**

TRADITIONAL COOKING: **45 MINUTES**

HYPOTOXIC COOKING: **2 HRS 30 MIN**

INGREDIENTS

- 30 ml (2 tbsp) olive oil
- 227 g (8 oz) fresh mushrooms, sliced
- 3.5 ml (3/4 tsp) salt
- 1 white onion, chopped
- 1 red pepper, cubed
- 150 g (3 cups) spinach, chopped
- 15 g (1/2 cup) fresh parsley, chopped
- 15 ml (1 tbsp) fresh rosemary, finely chopped
- 8 egg yolks (about 150 g)
or
- 4 large eggs
- 250 g (1 cup) plant-based milk substitute
- Pepper, to taste

PREPARATION

1. In a large skillet, heat oil. Add mushrooms and salt and sweat over medium-low heat (mushrooms will lose excess water). Do not roast them.
2. Then add the onion and pepper and continue cooking for about 5 minutes, stirring frequently.
3. Add spinach, parsley and rosemary and cook gently, just enough for spinach to become tender and decrease in volume. Set aside.
4. In a bowl, whisk together the egg yolks (or eggs), the plant-based milk substitute and pepper. Blend well and then add the vegetable mixture.
5. Pour the mixture into an oiled pan of 18 cm x 28 cm (7" x 11").
6. **Traditional cooking:** Bake on the centre rack of the preheated oven at 350 °F (180 °C) for about 30 minutes.
Hypotoxic cooking: Bake on the centre rack of the preheated oven at 230 °F (110 °C) for about 60 minutes.



Feel free to vary the vegetables, according to your fancy and depending on what is in the fridge. You will have a vegetable omelette that can take on several colors!