

Cheese and mushroom omelette with baked beans and side salad (Serves 1)

You will need:

- 2 eggs beaten
- 70g sliced mushrooms
- 45g half-fat cheese grated
- Half a tin of baked beans

Beat the eggs and pour into a heated frying pan.

Allow the omelette to start cooking and then add the mushrooms and cheese.

After a few minutes either fold the omelette in half and allow to finish cooking.

Serve with the baked beans and a side salad if you fancy it.

What does this give you?

- 2 portions protein
- 1 portions dairy
- 2 portion vegetables

The detail: per serving: 474kcal, 7.7g saturated fat, 7.5g sugar, 11.5g fibre, 40g protein, 2.9g salt.

Preparation and cooking time: 10 minutes

Approx. cost per serving: less than £2.00

Particularly good if you're trying to gain strength.

ALLERGENS: Contains eggs and milk.