

Chickpea Omelette with Asparagus

1 SERVING 15 MINUTES



INGREDIENTS

1/2 cup Chickpea Flour
1/2 cup Water
1 tbsp Nutritional Yeast
1/4 tsp Turmeric
1/8 tsp Sea Salt
1 1/2 tps Extra Virgin Olive Oil
1/2 cup Asparagus (trimmed, chopped)
2 tbsps Fresh Dill (chopped)
1/2 Avocado
1 stalk Green Onion (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	452	Carbs	42g
Fat	25g	Protein	19g

DIRECTIONS

- 01 In a medium bowl, add the chickpea flour, water, nutritional yeast, turmeric and sea salt. Whisk well to combine. Set aside.
- 02 In a skillet over medium heat add the oil and the asparagus. Cook, turning occasionally until the asparagus is fork tender, but still crisp, about 5 to 6 minutes. Remove and set aside.
- 03 In the same skillet, add more oil if necessary. Over medium heat, pour the chickpea omelette mixture and move the pan around to ensure it covers the skillet evenly, in one layer. Let it cook for 3 to 4 minutes until golden brown on the bottom. Add the asparagus to the omelette, then fold in half over the filling.
- 04 Gently, remove the omelette from the skillet and place on a plate. Top with dill, sliced avocado and green onion. Enjoy!