Mushroom Omelet with White Bean Salad

2 two-egg mushroom omelets, each with half the white bean salad · Active 35 min · Total 50 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

• 4 large eggs (about 200 g edible, shells removed)

• 2 tablespoons reduced-fat 2% milk (30 ml/about 31 g)

• About 3 cups sliced white mushrooms (200 g)

• 4 teaspoons olive oil (20 ml/about 18 g), divided

• About 1 1/4 cups fully cooked unsalted white beans, drained (200 g)

• 1 1/3 cups chopped tomato (200 g)

• 2/3 cup diced cucumber with skin (100 g)

• 2 tablespoons chopped parsley (8 g)

• 4 teaspoons lemon juice (20 ml/about 20 g)

• 1/4 teaspoon fine salt (1.5 g), divided

• 1/4 teaspoon black pepper (0.6 g), divided

Set out

20 cm/8-inch nonstick skillet, Wide heat-safe spatula, Mixing bowl, Salad bowl, Clean plate for mushrooms, Knife and board, Kitchen scale, Measuring spoon, Food thermometer, 2 serving plates

Allergens

Egg, Milk. Check labels and substitutions.

Make it

1. Fold cooked drained beans, tomato, cucumber and parsley together in the salad bowl with lemon juice, 1 teaspoon (5 ml) of the oil and half the salt and pepper. Refrigerate while making the omelets.

2. Heat 1 teaspoon (5 ml) oil in the skillet over medium-high heat. Add mushrooms and cook for 7–9 minutes, stirring, until their liquid evaporates and they begin to brown. Transfer to a clean plate and divide into 2 equal portions.

3. Beat eggs, milk and remaining salt and pepper in the mixing bowl. Reduce pan heat to medium-low. Add 1 teaspoon (5 ml) oil, then half the egg mixture. Draw setting edges toward the center and tilt the pan so uncooked egg reaches the spaces. Cook for 2–3 minutes until the surface is almost set.

4. Put half the mushrooms on one side and fold the egg over them. Cook gently for 1–2 minutes more until there is no runny egg and the thick folded center reaches 160°F/71°C. Slide onto a plate and serve promptly with half the bean salad. Repeat with the final teaspoon (5 ml) oil, remaining egg mixture and mushrooms for the second portion.

A useful kitchen skill

Remove mushroom moisture first, divide the filling before cooking, and make two manageable omelets rather than one unwieldy sheet.

A useful detail

All 20 ml of oil is allocated: 5 ml in the salad, 5 ml for mushrooms and 5 ml for each omelet. The base estimate uses cooked unsalted white beans rather than a dry bean weight; bean cooking is outside the stated time.

Keep it well

Refrigerate promptly in shallow containers at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Store omelets and bean salad separately for up to 3 days, or the original cooked beans' remaining safe period, whichever is shorter. Reheat omelets to 165°F/74°C throughout. Keep the salad cold; freshly cooked omelets have the best texture.