Spinach and Feta Omelette Sandwiches

2 omelette sandwiches · Active 15 min · Total 23 min

Skills: Easy

Ingredients

- 4 slices sturdy bread (160 g)
- 3 oz baby spinach (85 g)
- 4 large eggs
- 2 oz feta, crumbled (55 g)
- 2 teaspoons olive oil (10 ml)
- 1/4 teaspoon black pepper

Set out

8-inch nonstick skillet with lid, Mixing bowl, Spatula

Allergens

Wheat, Egg, Milk. Check labels and substitutions.

Make it

1. Toast bread in the dry skillet over medium heat, about 1 minute per side. Set aside.

2. Add spinach with 1 teaspoon water, cover for 1 minute, then stir until wilted. Press out liquid, chop and let cool briefly.

3. Beat eggs with pepper and fold in spinach and feta. Heat 1 teaspoon oil over medium-low heat. Add half the mixture, spread thinly and cook covered for 2–3 minutes until set and 160°F/71°C. Fold in half.

4. Repeat with remaining oil and egg mixture. Put each folded omelette between two toast slices and serve immediately.

Stabilize the board

A damp cloth under a small chopping board keeps it from sliding while trimming bread or cutting the finished sandwich. Keep the cloth away from the heat source.

A useful detail

Feta usually provides enough salt; taste another small piece of the cheese before deciding to add any.

Keep it well

Refrigerate any cooked omelette within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 2 days. Keep bread separate if storing. Reheat omelette to 165°F/74°C or eat cold while kept properly chilled.