

Jane de Graaff's Lunchbox Omelette Pinwheels



Preparation time: 25 mins

Serves: 2 people

User Rating: ★★★★★

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Looking for an easy lunchbox recipe that packs a nutrient punch? You need to try these Lunchbox Omelette Pinwheels by recipe developer and Today Show cook, Jane de Graaff.





In this playful twist on the classic omelette, nutritious eggs, mushrooms and more roll up into a portable, kid-friendly lunch. A healthy snack that is easy to assemble; it ticks all the boxes for busy parents.





Ingredients

- 6 eggs
- ½ cup grated cheese
- 1 Tbsp fresh parsley, finely chopped
- 2 slices of ham, cut into small pieces
- 2 slices of mild salami, cut into small pieces
- 3 mushrooms, finely sliced into thin pieces
- Salt and pepper to taste
- Olive oil spray

Method

1. Preheat your oven to 180°C, spray with olive oil and line a large, flat baking tray with baking paper all the way to the edges.
2. Sprinkle half the cheese over the base of the pan and lay pieces of salami, ham and mushroom evenly all over the cheese. Sprinkle the parsley on top.
3. Whisk your six eggs together and season with a dash of salt and pepper. Pour the mixture into the pan over the top of the other fillings.
4. Sprinkle the rest of the cheese over the top. Bake at 180°C for 15-20 minutes until the cheese is melted and the egg is set.
5. Remove the pan from the oven and roll the omelette into a log. Do this while the omelette is still warm and then place the log into the fridge. It will hold its shape once cooled.
6. Once cooled, remove the log from the fridge. Slice the log into pinwheels and pop into lunchboxes or serve as snacks.

Notes

You can change up the fillings, but don't overfill as the egg and cheese hold it all together.