

Omelette with tomato courgette and pecorino

Total time **30 mins** **10 mins** preparation time **20 mins** cooking time

INGREDIENTS

4 portion(s)

10	eggs
50 ml	milk
3 tbsp	<u>Kikkoman Naturally Brewed Soy Sauce</u>
250 g	cherry tomatoes, halved
1	courgette, sliced
1	red onion, sliced
1	clove garlic, finely chopped
2 tbsp	rapeseed oil
0.33 bunch	parsley leaves roughly chopped, some reserved for garnish
2 pinch	pepper, crushed
150 g	pecorino cheese

PREPARATION

Step 1

Preheat the oven to 160 ° C.

Step 2

Mix eggs, milk and soy sauce in a bowl.

Step 3

Sauté courgette, onion strips and garlic with rapeseed oil in a large, ovenproof pan.

Step 4

Add tomatoes and toss briefly. Then pour the egg mixture over it. Season the whole thing with parsley and pepper. Fry the omelette on one side until it begins to thicken on the edge.

Step 5

Crumble the pecorino and sprinkle over the omelette. Put the pan in the oven for about 8 minutes.

Step 6

Garnish the finished omelette with extra parsley and serve.