



SOPLEY FARM ASPARAGUS & DORSET BROWN CRAB OMELETTE

INGREDIENTS

3 eggs
¼ red chilli, finely chopped
3 asparagus spears, finely chopped
1 tsp butter
50g white crab meat
Handful baby spinach

METHOD

1. Heat grill to the highest setting. Whisk the eggs in a bowl and season.
2. Melt the butter in a pan over a medium heat. Add the eggs and cook for 2 minutes, then spoon the crab and asparagus into the middle.
3. Sprinkle over the chilli and nestle the spinach into the egg. Grill in the pan for 2-3 minutes or until the spinach has wilted and the omelette has puffed up.