

Chickpea Omelette

Chickpea flour is nutritious, high in protein, with a savory taste and a soft and chewy texture.

Categories

Gluten-free

Yields: 1 serving

Preparation time: 10 mins

Cooking time: 5 mins

Category: Breakfast

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked

Ingredients

Chickpea flour	0.33 cup
Nutritional yeast superfoods	0.3 x 3 tbsp
Turmeric, ground	0.25 teaspoon
Himalayan black salt	0.25 x 1 tsp
Water	0.3 cup
Olive oil	0.5 tablespoon
Scallions or spring onions, cooked	1 large
Spinach, cooked from fresh	1 cup
Shiitake mushrooms, cooked	2 each
Red bell peppers, cooked	0.5 small
Vegan gourmet cheese, cheddar	1 x 1 onz

Instructions

1. In a mixing bowl combine chickpea flour, nutritional yeast, turmeric and black salt. Stir to combine with a spoon or whisk.
2. Whisk in the water a little at a time, until the batter is smooth and all the lumps are gone. Set aside.
3. Chop the scallions, spinach, mushrooms and bell pepper. Feel free to add other veggies of choice, such as tomatoes, asparagus, broccoli ..
4. In a well seasoned cast iron pan, sauté the chopped vegetables in the oil. Alternatively, sauté in water. Cook until just starting to get soft, about 3 minutes.
5. Add a bit of pepper or cayenne to vegetables - optional.
6. Remove the vegetables from the pan. Set aside.
7. In the same cast iron pan, add more olive oil and pour the chickpea batter into the pan. Spread batter around with a spatula to thin it out and create a crepe like shape or just tilt the pan in a circular motion.
8. Cook for about 3 or 4 minutes over medium heat. The sides should be dry. You can place a lid on the pan for even cooking.
9. Place the sautéed vegetables over half of the omelette. Add the vegan cheese. Loosen the sides with a spatula and and fold omelette in half over the vegetables. Gently press down with the spatula to help melt the cheese. Cook for about a minute or two.
10. Serve warm.