Main dishes / Ireland

Baked omelette with Brussels sprouts and green asparagus · Ireland

A fully cooked baked egg dish with two vegetables and Ireland-inspired seasoning.

Time 35 min **Servings** 4

What you'll need.

- ☐ 6 eggs
- ☐ 250 g green asparagus
- ☐ 20 ml neutral cooking oil
- ☐ 10 g fresh parsley
- ☐ salt and pepper to taste
- ☐ 350 g Brussels sprouts
- ☐ 120 ml pasteurised milk
- ☐ 15 g wholegrain mustard
- ☐ 10 ml apple cider vinegar

Let's make it.

01 Heat the oven to 180°C. Chop the vegetables and cook until tender. Drain thoroughly.

02 Beat the eggs with the milk or coconut milk and listed flavourings. Oil a baking dish.

03 Spread the cooked vegetables in the dish and pour the egg mixture over them.

04 Bake for twenty to twenty-five minutes until completely set in the centre. Rest briefly before slicing.

AI-developed, not kitchen-tested.

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