



# Raymond's BBQ GOURMET

## Selected Recipes

### Italiano Spinach & Feta Omelette

#### Ingredients:

- 2 handfuls of spinach, washed
- Olive oil
- 1 tsp lime juice
- 4 eggs
- 50gms feta cheese
- 1 tsp Italiano rub

Fry the spinach in olive oil & lime juice until soft, careful not to burn it, remove from pan. Put a little more oil in. Whisk eggs with a fork to break up yolks. Pour into pan, allow to cook for 2 minutes, add cheese and rub. Lift edge to see if bottom of omelette is gold. Put in oven or under grill for three or four minutes.

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