

CLIMATE IMPACT  
PER PORTION0,2 kg  
CO<sub>2</sub>eCO-FUNDED BY  
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🍴 4 PORTIONS    🔥 180°C

JENS VILKINGSSON

# OMELETTE WITH WHITE BEANS & PEA SHOOTS TOPPING

Farmer's oven omelette with finely cut potatoes and pea shoots topping.

## INGREDIENTS

### OMELETTE

Firm Potatoes 400 g  
Leeks, shredded 50 g  
Parsley, chopped 2 tbsp  
Small white beans, cooked 200 g  
Rapeseed oil 1 tbsp  
Sweet Paprika powder 1 tsp  
Liquid smoke 1 tsp  
Eggs 4 pcs  
Milk 3% fat 3 dl  
Salt 1 tsp  
Ground black pepper,  
a few pinches to taste  
Mixed salad according to season 400 g  
Fresh pea shoots for the topping

## INSTRUCTIONS

### OMELETTE

- Boil the potatoes in their skins until they are just about ready. Pour the boiling potato water over the leeks in a bowl and soak for two minutes before draining. Put the potatoes on the kitchen counter to cool.
- Heat up a pan and roast the beans in rapeseed oil for a few minutes. Sprinkle the paprika powder over the beans and stir and then add the liquid smoke and let it evaporate.
- Peel and cut the potatoes into pieces and mix with the drained leeks, beans, and parsley. Place the mixture in a greased form.
- Whisk together the eggs, milk, salt, and black pepper and pour over the mixture. Bake in the middle of the oven at 180 °Celsius for about 30 minutes until the omelette is cooked through and its exterior is silky and slightly browned.
- Sprinkle fresh pea shoots over the omelette and serve with a seasonal salad.



**TO MEET THE ONE PLANET PLATE CRITERIA:** Choose organic potatoes, organic eggs and rapeseed oil.