

DASTO Pasta Omelette

Ingredients: Make 6 servings

- 120gm DASTO Pasta
- 5 eggs
- 250 gm mustard green straw (sawi)
- 50 gm low fat cheese
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 tablespoons oyster sauce



Method

1. Mix cooked pasta with oyster sauce, toss together to combine.
2. Heat the oil in a frying pan over medium heat. Add the pasta and sauce. Layer with mustard green straw (sawi). With a fork or whisk, beat the eggs, salt and pepper until frothy. Pour over the pasta and shake the pan gently to distribute. Sprinkle cheese. Cover pan. Reduce heat to medium-low and cook until the eggs are solid.
3. Place a plate over the eggs and turn the omelette out onto the plate. Slide the omelette back into the pan so the other side can cook.
4. When the eggs are done to your taste, put a plate over the omelette and turn the pan over so the omelette transfers to the plate.

Nutrition Facts	
6 Servings	
Amount Per Serving	
Calories	131.4
Total Fat	4.0 g
Saturated Fat	1.2 g
Polyunsaturated Fat	0.8 g
Monounsaturated Fat	1.5 g
Cholesterol	143.1
mg	
Sodium	136.5
mg	
Potassium	109.2
mg	
Total Carbohydrate	15.2 g
Dietary Fiber	0.8 g
Sugars	0.4 g
Protein	9.1 g
Vitamin A	34.0 %
Vitamin B-12	7.5 %
Vitamin B-6	4.8 %
Vitamin C	9.8 %
Vitamin D	7.3 %
Vitamin E	2.4 %
Calcium	3.6 %
Copper	2.1 %
Folate	12.1 %
Iron	5.2 %
Magnesium	1.8 %
Manganese	5.4 %
Niacin	1.6 %
Pantothenic Acid	0.7 %
Phosphorus	10.4 %
Riboflavin	10.7 %
Selenium	1.6 %
Thiamin	3.4 %
Zinc	4.1 %