

🍴 SAVORY OMELETTE 🍴

Prep Time: 5 min | **Cook Time:** 10 min | **Servings:** 1 | **Difficulty:** Easy | **Diet:** High-Protein/Gluten-Free



Ingredients

- 2 Large eggs
- 20 ml Lactose-free milk (or a splash of water for a lighter version)
- 20 g Aged Parmigiano Reggiano (36 months), grated (naturally low in lactose) (Alternatively: aged Grana Padano or Pecorino, at least 30 months)
- 4 Thin slices of Parma ham (Prosciutto di Parma DOP)
- 1 tbsp Clarified butter (or extra virgin olive oil)
- Freshly ground black pepper, to taste
- Chives or fresh parsley, chopped (optional)

How to make step by step

1 - Beat the eggs

- In a bowl, crack the eggs and add the lactose-free milk (or water), a pinch of black pepper, and grated cheese
- Whisk with a fork or whisk until smooth and slightly foamy

2 - Heat the pan

- Place a 20 cm non-stick pan over medium heat
- Melt the clarified butter (or heat a drizzle of olive oil)

3 - Cook the omelette

- Pour the egg mixture into the hot pan
- Gently stir the center with a spatula to distribute the heat evenly
- When the edges start to set but the top is still slightly creamy, reduce the heat

4 - Add the filling

- Add a few extra shavings of aged cheese on one half of the omelette
- Let it melt slightly for 30–60 seconds, then layer the Parma ham slices on top

5 - Fold and serve

- Carefully fold the omelette in half and slide it onto a plate
- Sprinkle with chopped chives or parsley and serve warm

👉 Video recipe: <https://www.youtube.com/shorts/58VrPNBp8Zc>

💡 Tips & Variations

- ✓ **More aroma:** add a pinch of nutmeg or sweet paprika to the eggs.
- ✓ **Extra creaminess:** mix in a teaspoon of lactose-free cream cheese before folding.
- ✓ **Balanced meal:** serve with toasted whole-grain bread or a side salad of arugula and cherry tomatoes.