

🍴 Omelette Rose 🍴

Prep Time: 5 min | **Cook Time:** 15 min | **Servings:** 1 | **Difficulty:** Easy | **Dieta:** Mediterranean



Ingredients

- 2 Eggs
- 1 Spoon of Ghee
- 150 g Blueberries and raspberries
- 1 Square of 85% dark chocolate
- 1 Spoon of slivered almonds

How to make step by step

1. **Caramelize the berries**
 - Wash the berries (blueberries, raspberries)
 - Place them in a pan with “half a glass” of water
 - Cook for 5–10 minutes until they soften and release their juices
2. **Prepare the omelette in rose form**
 - In a small pan, melt ½ tablespoon of ghee
 - Beat 2 eggs and pour into the pan
 - When the eggs begin to set, use a spatula to push the edges gently toward the center, creating a “rose” shape
3. **Add chocolate & assemble**
 - At the end of cooking, break a square of 85% dark chocolate over the omelette, so it melts on top
 - Transfer the omelette to a plate
 - Garnish with the caramelized berries, a sprinkle of cinnamon, and slivered almonds

👉 Video recipe: <https://www.youtube.com/watch?v=7B0jhRn6Tpk>

💡 Tips & Variations

- ✓ Substitute berries with seasonal fruit options.
- ✓ Complete the Omelette with a cup of green tea, matcha tea, hibiscus tea, or a red berry infusion.
- ✓ For a lighter dish, use only egg whites.