

## **SOUFFLE OMELETTE**

<b>Ingredient</b>	<b>Quantity</b>	<b>Unit</b>
Egg white	3	Nos
Asparagus (Stems)	3	Nos
Goat cheese	30	Grams
Fresh Cream	40	Taste
Asparagus (Chopped)	15	Grams
Chopped Spinach	15	Grams
Sunflower oil	20	Ml

### **Method:**

1. For the goat cheese fondue, in a pan add the goat cheese and cream and cook over a medium flame till the cheese dissolves and you get a smooth mixture.
2. Remove the mixture from the pan and let it cool.
3. Now, In a bowl, whisk the egg whites till they become frothy.
4. In a pan, add the oil and heat it.
5. Add the spinach and chopped asparagus and sauté them.
6. Add the whisked egg whites and cook till they cook from the bottom.
7. Now, put the pan in the oven at 180 Deg C for about a minute and wait till it rises and cooks from the top.
8. Remove from the pan and place it on a plate.
9. Drizzle the goat cheese fondue on top and garnish with some steam asparagus.