

# THE PENINSULA

T O K Y O

## *Recipe for Fluffy Egg-White Omelette*

This ethereally light take on the classic morning omelette is a favourite of health-minded diners at The Peninsula Tokyo's refined, chandelier-adorned Lobby Restaurant.

### Ingredients:

- 4 egg whites
- 10 g butter
- 40 g baby spinach leaves
- A handful of mixed salad leaves
- 3 cherry tomatoes, sliced
- 30 g fresh ricotta cheese
- 5 ml lemon juice
- 10ml extra virgin olive oil
- sea salt to taste

### Preparation:

- First, whip the egg whites to soft peaks (this is the secret of keeping the omelette fluffy).
- In a round, 15- to 18-cm non-stick sauté pan, melt the butter over medium heat, add the spinach and stir.
- Add the egg whites and pat the pan gently to flatten the eggs, giving them the shape of a round disk, like a Spanish omelette.
- Cook 3 minutes or until the sides of the omelette detach from the pan. Then, using a rubber spatula, flip it and cook it over low heat for another 3 minutes.
- Remove the omelette from the heat, sprinkle it with sea salt and place it on a flat plate. Top it with a spoonful of ricotta cheese, the sliced cherry tomatoes, and the lettuce leaves dressed with lemon and oil, and serve.

