

## Italian omelette with chicories and sundried tomatoes *(Pizza & friends)*



### Preparation

Brown garlic in a nonstick pan with a dash of extravirgin olive oil. Add anchovies, then sundried tomatoes previously chopped. Add them your chicory coarsely chopped too. Pour over the vegetables the beaten eggs and a pinch of salt too. Cover with a lid and cook for some minutes. After some minutes, turn the omelette upside down. Once cooked and nicely brown, serve it hot.

### Tips

When you buy your chicories, bear in mind that they must be fresh and green. Avoid dark or flaccid leaves!

### Trivia

Chicories are rich in vitamins, in particular C and A, folic acid, fibers and mineral salts, iron, magnesium and calcium. Moreover, chicories contain few calories and are digested very easily. A real cure-all food!

### Information

**Preparation** 15 minutes

**Total Time** 15 minutes

**Serves X** Serves 4 persons

**Level of difficulty** Easy

la terra di Puglia



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### Ingredients

**Eggs** 4 units

**Bitter leafy greens** 200 grams (already cooked)

**Sundried tomatoes** (10 sundried tomatoes)

**Garlic** 1 clove

**Anchovies** (2 anchovies)

**Salt**