Savory Shrimp and Scallop Omelette

A protein-packed, low-carb omelette with tender shrimp and scallops sautéed in olive oil for a flavorful, healthy meal.

Servings: 2 **Time:** 20 minutes

Ingredients

- 4 large eggs
- 4 oz shrimp, peeled and deveined
- 4 oz scallops, cleaned
- 2 tbsp olive oil
- 1/4 cup diced bell pepper
- 2 tbsp chopped green onions
- Salt and black pepper to taste
- 1/4 tsp smoked paprika
- Fresh parsley for garnish (optional)

Instructions

1. In a small bowl, whisk the eggs with a pinch of salt and pepper. Set aside.
2. Heat 1 tbsp olive oil in a non-stick skillet over medium heat.
3. Add shrimp and scallops, season with smoked paprika, salt, and pepper, and sauté for 3-4 minutes until just cooked. Remove and set aside.
4. Add remaining 1 tbsp olive oil to the pan and sauté diced bell peppers and green onions until softened, about 2 minutes.
5. Pour the beaten eggs evenly over the vegetables in the pan.
6. When eggs begin to set but still slightly runny on top, spread cooked shrimp and scallops evenly over one half.
7. Carefully fold the omelette in half and cook for another 1-2 minutes until fully set.
8. Slide onto a plate, garnish with fresh parsley if desired, and serve warm.

powered by dishgen