

TASTY

Microwave 3-minute Omelette In A Mug

by Alvin Zhou

🕒 Under 30 min

Ingredients

for 1 serving

2 eggs

½ bell pepper, diced

2 slices ham, diced

¼ cup fresh spinach

salt, to taste

pepper, to taste

Preparation

- 1 Combine all ingredients in a microwaveable mug.
- 2 Cook for 2-3 minutes, making sure the egg doesn't bubble over. Stir halfway through the cooking process.
- 3 Enjoy!