

Loaded Chickpea Omelette



This hearty omelette is light, filling, and 100% egg-free! A simple batter is made with chickpea flour, water, and vegan scramble seasoning, then cooked to perfection in a skillet, filled with sautéed vegetables and vegan cheddar shreds, and topped with tomatoes, scallions and avocado slices.

Ready in **35 minutes**

Serves **3 people**

Tools

- Large Skillet
- Spatula

Ingredients

- 1 ½ cups chickpea flour
- 1 ¾ cups water
- 1 tsp ground chia or flax seeds
- 1 cup fresh or frozen chopped kale or baby spinach
- 1 cup sliced mushrooms, any variety
- ½ cup fresh or frozen yellow onion, thinly sliced
- ½ cup vegan cheese shreds, any variety
- ½ cup diced tomatoes
- 1 cup fresh or frozen bell pepper, thinly sliced
- 1 tsp ground turmeric
- 1 + ½ tsp onion powder
- 1 + ½ tsp garlic powder
- 1 tsp black salt
- ½ tsp sea salt
- vegan butter or vegetable oil

Preparation

1. Add chickpea flour, chia or flax seeds, water, 1 tsp garlic powder, 1 tsp onion powder, and all of the black salt and turmeric to a large mixing bowl. Whisk until well combined and set aside for 15 minutes to allow chickpea flour to become more hydrated.
2. Heat a large skillet over medium-high heat and add 1 Tbsp of water, oil, or vegan butter. Then add all vegetables except for tomatoes and scallions. Add remaining spices and sauté for 5-7 minutes until vegetables become tender. Remove from the pan and set aside in a bowl.
3. Evenly coat the same pan with 1 tsp of oil or vegan butter. Use a 1 cup measurer to pour the chickpea batter into the pan. Gently tilt the pan around to get an even layer of batter across the bottom of the pan. Reduce heat to medium-low and cover with a lid. Allow to cook for about five minutes until the surface of the chickpea batter appears dry and the



edges have begun to separate from the pan. Sprinkle a few Tbsps of vegan cheese shreds across the surface of the chickpea base. Next, layer a few generous spoonfuls of the sauteed vegetables on one half of the chickpea base. Use your spatula to fold over the empty side of the chickpea base into an omelette shape. Cover with a lid and allow to heat for another 1-2 minutes.

4. Remove from the pan onto a plate and repeat this process until batter runs out - about 2 more times.
5. Garnish the chickpea omelettes with tomatoes, scallions, and avocado slices and serve.

Tips

- Chickpea flour, also known as Besan or Gram flour, is an ingredient native to India. It can be purchased at many grocery stores, including Whole Foods, and Indian or international markets. It can also be purchased online. Find it [here](#), [here](#), and [here](#).
- Black salt, also known as or kala namak, is an Indian volcanic rock salt. It is commonly used in vegan dishes to provide an egg-like flavor due to the significant presence of naturally-occurring sulphur in the salt. It can be purchased in Indian markets or online [here](#) and [here](#).



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