

Quick & Easy Vegan Bacon Cheddar Besan Omelette



Besan, also known as chickpea or garbanzo flour, is high in protein and fibre, low in carbs, gluten-free, inexpensive, and wonderfully versatile. When water is added and the batter lightly fried, it can make a delicious substitute for eggs! Here I've tinkered with a simple chickpea flour scramble recipe I found on OneGreenPlanet.org, resulting in this delicious and quick vegan cheese omelette.

Tip: try adding different fillings, such as sautéed mushrooms and spinach; salsa or hot sauce, peppers, and black beans; pesto and cashew cheese; or green onions, roasted potatoes, and vegan sausage pieces. Endless brunch possibilities!

Ingredients

Omelette:

½ cup besan flour
⅛ tsp. sea salt*, to taste
⅛ tsp. turmeric
Pinch red pepper flakes or fresh-ground black pepper, to taste
½ cup (+just a touch more) warm water
1 tsp. coconut oil

Filling Suggestions:

Cheddar Bacon:

¼ cup cheddar-style vegan cheese, shredded or sliced
1 Tbsp. vegan bacon-style coconut chips OR 1 crumbled bacon-style tempeh strip

Mushroom Florentine:

2 sliced cremini mushroom caps
Small handful baby spinach
Pinch each sea salt & black pepper
1 tsp. coconut oil for the pan



Directions:

If making the Mushroom Florentine variation, sauté the ingredients for the filling first, until mushrooms are soft and spinach is wilted (about 3-4 minutes). Transfer to a small bowl and set aside.

Preheat an omelette pan (or small frying pan) over medium heat. Add the coconut oil to melt and tilt pan to spread evenly over surface.

Whisk together the besan and spices. Add warm water and whisk until smooth.

Pour besan mixture into warmed pan, tilting pan to spread evenly over surface. It will start to solidify quickly around the edges, about 1-2 minutes.

Lift edges carefully with a spatula – this will require a little patience. Slide spatula underneath and carefully flip omelette.

Place fillings on one side of the omelette and carefully fold the other side over them. Let cook about 30 seconds to a minute, then carefully flip to the other side for another 30 seconds to a minute. (This allows fillings to warm through a bit and/or melt.)

Carefully transfer omelette to a plate and serve. Garnish with coconut bacon, fresh chopped herbs, salsa or hot sauce, etc. Makes 1 omelette.

*Optional: use a bit of black salt, also known as kala namak, for an “eggier” flavour.