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## Ingredients

Mild red chili salmon piece  
3 eggs (1 yolk)  
Broccoli  
Mushroom  
Capsicum  
Shallots  
Dessertspoon of parmesan cheese  
Sprinkle of garlic powder  
Salt/pepper

## Instructions

*Line a round cake tin with baking paper and preheat oven to 180 degrees Celsius*

*Mix all ingredients together in a medium sized bowl and pour carefully into cake tin and bake for 10-15 minutes until cooked. Carefully remove omelet from tin using the baking paper and enjoy!*