Globe courgette Tortilla (cholesterol reduced)

Ingredients:

Globe courgette

300 gr. (2 units)

Onion

½ unit

Scallion

100 gr.

Red pepper

¼ unit

Green pepper

¼ unit

Leek

100gr.

Egg White

3

Finely chopped dehydrated garlic and parsley (provenzal)

1 spoonful

Corn starch

1 coffeespoon

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Peel the globe courgettes and cut them in dices of 1 centimeter.
Cut the onion and peppers in dices of ½ centimeter. Chop the leek and scallion finely.
Beat the egg whites with the onion, the leek, the scallion, salt, pepper, the provenzal and the globe courgette. Place the mixture in the TartaExpress. Put the lid on and microwave for 3 minutes on high

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