



CHINESE OMELETTE

2 portions

INGREDIENTS

- 6 eggs, (300 g)
- 2 spring onions, finely chopped (30 g)
- 50 grams of snow peas, thinly sliced, raw
- 50 grams of bean sprouts, raw
- 1cm piece of ginger, finely grated OR 1 tsp of dry ginger
- 1 chili, finely sliced, raw (45 g)
- 1 clove of garlic, crushed (3 g)
- 2 tbsps of oyster sauce, (36 g)
- 1 carrots, finely sliced or grated (50 g)
- 1/4 cup of coriander leaves, raw (4 g)
- 1 tbsp of soy sauce (tamari) reduce salt (18 g)
- 1/4 cup of mint leaves, raw (4 g)
- 1 cup of shredded bbq chicken (160 grams), meat only or 300 grams of prawn meat, uncooked
- 2 tablespoons of olive oil, (27 g)

COOKING METHOD

- 1° Add eggs, garlic, grated ginger and soy to a medium bowl. Whisk with a fork until combined.
- 2° Roughly chop the prawn meat or shred the bbq chicken, grate the carrot, cut peas and have your other ingredients ready for cooking
- 3° Heat 1 tablespoon of the oil in a wok or frying pan, until the surface shimmers with heat. If using prawn meat add to wok and cook for 1 minute. Set aside in a bowl.
- 4° Clean and heat wok or frying pan again, adding 1 tablespoon of oil. Pour in half of the egg mixture, move the mix left to right with a fork, then leave to cook in the bottom of the wok for 30 seconds without stirring. Sprinkle in half of your protein choice, herbs, chili, spring onion, peas, carrot and bean sprouts.
- 5° Using a spatula, fold egg mixture over on to itself leave to cook for another 30 seconds, then slide onto a plate to serve with oyster sauce more herbs and sprouts.
- 6° Repeat this one more time, for the second omelette.

NUTRITIONAL INFORMATION

| | PER 100 g | PER PORTION (425 g) | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY | 121 kcal | 514 kcal | 26 % |
| FAT | 7 g | 30 g | 46 % |
| FATTY ACIDS, TOTAL SATURATED | 2 g | 7 g | 35 % |
| CHOLESTEROL | 168 mg | 713 mg | 238 % |
| SODIUM | 343 mg | 1454 mg | 61 % |
| CARBOHYDRATE | 3 g | 12 g | 4 % |
| SUGARS | 1 g | 5 g | — |
| FIBER | 1 g | 3 g | 11 % |
| PROTEIN | 12 g | 49 g | — |