

Asian Omelette

Ingredients

8 Eggs

2 tsp fish sauce

1 tsp sesame oil

1/3 cup sunflower oil

2 cups seasonal vegetables sliced (Bok Choy, Pak Choy, Silverbeet, Broccoli, Beans, Peas)

1 sml handful bean sprouts

2 Spring onions, Finely sliced

2 Tbsp oyster sauce

1 sml handful coriander

Method

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Heat a frying pan. Add a small amount of sunflower oil. Fry all of the prepared seasonal vegetables, spring onions and oyster sauce. Once cooked place in a bowl ready to fill your omelettes.
3. Whisk the eggs lightly, using the whisk or fork, with the fish sauce and the sesame oil in a medium bowl. Divide the mixture into four small bowls.
4. Heat a frying pan with a quarter of the sunflower oil. When the oil starts to simmer and is very hot, gently but quickly pour in one bowl of eggs (they will puff up).
5. Loosen the eggs with the wooden spoon and move around a little- this will allow the egg mix to escape and cook.
6. Cook for 3-5 minutes until it is golden brown underneath and almost set inside. Slide the omelette off onto a serving plate. Repeat process until you have made all four omelettes.
7. Once all omelettes are cooked, divide your seasonal vegetables evenly between all omelettes.
8. Slice the omelettes into tasting portions.
9. Serve sprinkled with torn coriander leaves.