



# Chinese-style omelette

Recipe by Liz Clark



Serves 1



20 minutes

## INGREDIENTS (PER PERSON)

### Omelette:

- 2 eggs
- 1 tsp stir fry sauce
- Pinch of white pepper

### Filling:

*You can multiply this by however many people you're feeding and cook it all together.*

- 100g pork mince, chicken mince or finely chopped chicken thigh fillet, finely chopped raw prawns, and/or sliced mushrooms/other veg (chopped small)
- ¼ tsp each ginger and garlic - freshly grated or from a jar (no judgement here)
- 1 tbsp Chinese stir fry sauce
- 2 tsp cornflour
- ½ cup water
- Big handful of bean sprouts, plus some extra to put on top to serve

### To serve:

Your choice of chopped peanuts, spring onion, fresh coriander, sliced radishes, shredded iceberg lettuce, grated carrot, smashed and salted cucumbers, sliced fresh chilli, sriracha, chilli oil, and chilli crisp.

## DIRECTIONS

### Filling:

- Whisk stir fry sauce, cornflour and water together in a jug.
- Heat a bit of oil in a non-stick pan over medium-high heat. Brown the mince/prawns/veg, then add the ginger and garlic, add the liquids, add the bean sprouts, stir and simmer until thickened and cooked through.
- Set aside in a bowl and wipe out the pan.

### Omelette:

- In a bowl, whisk eggs with stir fry sauce and white pepper.
- To make each omelette, heat some more oil in the same pan over medium-low heat. Pour in the eggs and stir with a silicone spatula as it cooks, until it's almost set.
- Spread it out, and then spoon about half the filling on top. Fold over the other side.
- Slide it onto a plate and top with more filling and fresh toppings.



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