

Fresh for Kids®

Wok-fried vegetable omelettes



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Preparation: about 15 minutes

Cooking: about 10 minutes

Serves: 2

1 tbs peanut oil
2 green onions (shallots), thinly sliced
1 carrot, grated
100 g snow peas, trimmed and thinly sliced
1 cup bean sprouts
4 eggs, separated
Salt and ground black pepper
Kecap manis, to serve

1. Heat oil in a wok over high heat. Add green onions, carrot, snow peas and bean sprouts and stir-fry for 2 minutes. Transfer to a plate.
2. Whisk egg yolks with salt and pepper to taste in a large bowl. In a separate bowl, whisk egg whites until soft peaks form. Gently fold egg whites in egg yolks.
3. Heat a medium non-stick frying pan over medium-high heat. Add half the eggs and swirl around pan to form an omelette. Cook until base is golden. Top half the omelette with half the vegetables. Fold the omelette in half and serve with a drizzle of kecap manis. Repeat using remaining ingredients.

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Bean Sprouts

- A source of vitamin C. This vitamin is important in keeping gums, blood vessels and bones strong and healthy.
- Provide some dietary fibre which helps keep us regular.
- A source of the B vitamin folate. This vitamin is important in making red blood cells.

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