

Wok-fried Asian vegetable omelettes



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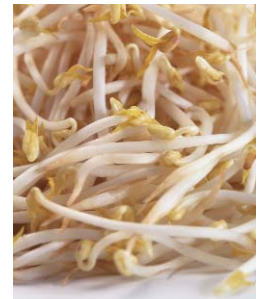
Preparation: about 10 minutes

Cooking: about 12 minutes

Serves: 2

2 tbs peanut oil
150g oyster mushrooms, sliced
100g snow peas, trimmed and thinly sliced
4 green onions (shallots), thinly sliced
1 garlic clove, crushed
2 cups bean sprouts, trimmed
2 tsp soy sauce
2 tbs oyster sauce + extra to serve
4 eggs, separated
Shredded green onions (shallots), to serve

1. To make the omelette filling, heat a wok over high heat. Add 1 tbs oil and heat until hot. Add mushrooms and snow peas. Stir-fry for 1–2 minutes until slightly softened. Toss through green onions, garlic, bean sprouts, soy sauce and oyster sauce. Stir-fry for 1 minute. Transfer mixture to a plate.
2. Whisk egg yolks in a large bowl. In a separate bowl, whisk eggwhites until soft peaks form. Gently fold eggwhites into egg yolks.
3. Wipe wok with paper towel. Heat 2 tsp oil in wok over high heat. Swirl half the eggs into wok, tilting wok so mixture evenly coats base. Cook until omelette is almost set. Place half the mushroom filling over half the omelette and fold over. Cook for 1 minute and slide onto a serving plate. Repeat using remaining egg mixture, mushroom mixture and oil. Sprinkle with shredded green onions and serve with extra oyster sauce.



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.