

Wok-fried veggie omelettes



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Preparation 15 mins | Cooking 10 mins | Serves 2

- 1 tbs peanut oil
- 2 green onions (shallots), thinly sliced
- 1 carrot, grated
- 100g snow peas, trimmed and thinly sliced
- 1 cup bean sprouts, trimmed
- 4 free-range eggs, separated
- Kecap manis or soy sauce, to serve

STEP 1 Heat oil in a wok over high heat. Add green onions, carrot, snow peas and bean sprouts and stir-fry for 2-3 minutes until just tender. Transfer to a plate.

STEP 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. Using a metal spoon, gently fold egg whites into egg yolks until just combined.

STEP 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, cook for 1 minute until just set. Transfer to a serving plate and serve with a drizzle of kecap manis or soy sauce. Repeat using remaining ingredients.

Good for you... **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.

