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## **Chinese Omelette**

We love eggs. They're bloody brilliant little packages of gooey delights. So why on earth would we relegate them to be solely a breakfast food? This scrummy omelette is good at just about any time of the day. Don't stress if your guys come out looking a bit wonky – that's the joy of home cooking!







2P	4P	Ingredients
150 g	300 g	brown rice
1/2 dozen	1 dozen	eggs
1 tbs	2 tbs	milk *
2 tbs	4 tbs	soy sauce *
1 tbs	2 tbs	coriander, finely chopped 🕀
1 knob	2 knobs	ginger, peeled & grated
2	4	garlic cloves, peeled & crushed \; 🕀
1	2	capsicum, diced
1	2	long chilli, diced
250 g	500 g	button mushrooms, thinly sliced
1	2	tomato, diced

- May feature in another recipe
  - \* Good to have at home

## **Nutrition per serving**

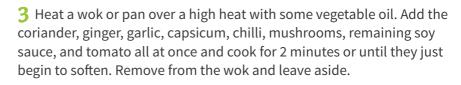
Energy	2060	Kj
Protein	39.4	g
Fat, total	35.4	g
-saturated	17.3	g
Carbohydrate	2.7	g
-sugars	2.7	g

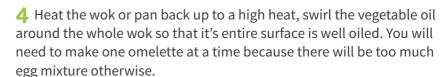
## Measuretool

) cm	1cm	2 cm



- 1 Place the rice into a sieve and rinse it with cold tap water. The water will initially become cloudy, continue to rinse until the water becomes clear enough (it doesn't need to be crystal). Bring a large pot of salted water to the boil. Add the rice and cook it for 20 minutes or until soft.
- 2 In a small bowl whisk the eggs, milk, and half the soy sauce together and leave aside.





5 Add half of the egg mixture and swirl the egg around the wok so that the egg works its way up the sides of the wok, it will cook very quickly, so be sure to work fast. Once all of the egg at the bottom of the wok has cooked, add in a spoonful of the stir fried vegetables and then use a spatula to lift up one side of the omelette and fold it over the egg mixture. Work the omelette out onto a plate and keep in a warm place.

6 Repeat this process so each person has an omelette. Don't be worried if it doesn't quite come together, it will be as delicious even if it doesn't look right! Serve with a side of brown rice.







**Did you know?** The Guinness World Record for omelette making is held by Howard Helmer, who made 427 omelettes in 30 minutes.