



Everything  
But The Chef

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## Asian Style Prawn Omelette

Prawn omelette? Sure, it doesn't sound like your standard dinner recipe – but that is exactly why we love it! This number is guaranteed to surprise you (in the best way possible). It's wonderfully colourful, quick in the kitchen, and will leave your taste buds swimming with delight. Enjoy!



Prep: 10 mins



Cook: 20 mins



Total: 30 mins



level 2



seafood  
first



Prawns



Garlic



Long Chili



Ginger



Oyster Sauce



Spring Onions



Bean Sprouts



Coriander



Eggs



Snow Peas

2P	4P	Ingredients
180 g	360 g	prawns, rinsed
2	4	garlic cloves, peeled & crushed ⊕
1	2	long chilli, chopped
1 knob	2 knobs	ginger, peeled & grated ⊕
2 tbs	4 tbs	oyster sauce
1 bunch	2 bunches	spring onions, sliced diagonally
100 g	200 g	bean sprouts
1	2	coriander, washed & leaves picked
6	12	eggs
1 tbs	2 tbs	vegetable oil (sesame oil if you have it)*
100 g	200 g	snow peas, finely sliced

⊕ May feature in another recipe

\* Good to have at home

#### Nutrition per serving

Energy	1260	Kj
Protein	36.4	g
Fat, total	11.8	g
-saturated	3.1	g
Carbohydrate	9.4	g
-sugars	6.8	g

#### Measuretool

0 cm	1 cm	2 cm

1a



**1** Toss the **prawns** in a medium bowl with half of the **garlic** and then the **chilli, ginger** and **oyster sauce**. Season well with **salt** and **pepper**. Heat a little oil in a large non stick wok over a high heat. Add the prawn mixture, **spring onions** and **bean sprouts**. Stir fry for about **2 minutes** or until the prawns are cooked. Transfer to a large bowl, stir in **coriander**, then cover to keep warm.

1b



**2** To make the omelette, whisk the **eggs** with a grind of salt and pepper and the remaining garlic together with a drizzle of the **vegetable oil**. Pour a little of the egg mixture into the same, clean, hot wok. Swirl the wok to coat the base. Cook for about **1 minute** or until the edges start to set. Turn the omelette over and cook for a further **30 seconds**. Transfer to a plate and cover to keep warm. Repeat with the remaining mixture.

2



3



**3** To assemble, divide the prawn mixture among omelettes, sprinkle over finely sliced **snow peas** and fold to enclose.

**Did you know?** Sprouts! Huh. What are they good for? Absolutely everything! Bean sprouts are known to contain all of the vitamins (A, B, C, D, E, and K).