



Everything  
But The Chef

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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!



Prep: 10 mins

Cook: 30 mins

Total: 40 mins



level 2



Brown Rice



Eggs



Garlic



Ginger



Coriander



Capsicum



Long Chilli



Button Mushrooms



Tomato

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

0 cm	1 cm	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. Drain.

**2** In a small bowl whisk the eggs, milk, and half the soy sauce together and leave aside.



**3** Heat a wok or pan over a high heat with some vegetable oil. Add the coriander, ginger, garlic, capsicum, chilli, mushrooms, remaining soy sauce, and tomato all at once and cook for 2 minutes or until they just begin to soften. Remove from the wok and leave aside.

**4** Heat the wok or pan back up to a high heat, swirl the vegetable oil around the whole wok so that its entire surface is well oiled. You will need to make one omelette at a time because there will be too much egg mixture otherwise.



**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.