

Asian Prawn and Chicken Omelette



Preparation time: 25 mins

Serves: 2 people

User Rating: ★★★★★

Publication: 10 March 2015

Categories: Dinner Recipes, Lunch Recipes



Ingredients

- 6 eggs
- 2 spring onions, finely sliced
- 1 tablespoon grated ginger
- 1 tablespoon salt reduced soy
- 1/4 cup vegetable oil
- 300g uncooked prawn meat
- 1 cup shredded bbq chicken
- 1 carrot, peeled and grated

- 1 cup of bean spouts
- 1/2 cup coriander leaves
- 1/2 cup Vietnamese mint
- 2 tablespoons oyster sauce

Method

1. Add eggs, spring onion, grated ginger and soy to a medium bowl. Whisk with a fork until combined.
2. Roughly chop the prawn meat, shred the bbq chicken, grate the carrot, and have your other ingredients ready for cooking
3. Heat 1tablespoon of the oil in a wok, until the surface shimmers with heat. Add prawn meat and stir-fry for about 1 minute. Add chicken and carrot, stir, for another 30 seconds then set aside in a bowl.
4. Clean and heat wok again, adding 1 tablespoon of oil. Pour in half of the egg mixture, move the mix left to right with a fork, then leave to cook in the bottom of the wok for 30 seconds without stirring. Sprinkle in half of the prawn mix herbs and bean sprouts.
5. Using a spatula, fold egg mixture over on to itself leave to cook for another 30 seconds, then slide onto a plate to serve with oyster sauce more herbs and sprouts.
6. Repeat this one more time, for the second omelette.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
563g	3330kJ 796kcal	77.7g	47g	7.9g	12.7g	10g	2150mg	4.6g

All nutrition values are per serve.