

Bitter Melon Omelette



Preparation time: 15 mins

Serves: 1 person

User Rating: ★★★★★

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Categories: Lunch Recipes, Vegetarian, Meals for One



Ingredients

- 3 eggs
- 150g bitter melon, deseeded and finely sliced
- 1 clove garlic, finely chopped
- Fish sauce, to taste
- Light soy sauce, to taste
- White pepper, to taste
- Coriander, to taste
- Oil

Method

1. Lightly whisk the eggs together with a fork or whisk. Season with fish sauce, light soy sauce and white pepper.

- 2. In a non-stick pan, heat a little oil over medium heat.
- 3. Sauté the garlic until fragrant, a little colour doesn't hurt.
- 4. Add the bitter melon and sauté until slightly tender.
- 5. Add the eggs and allow them to set. Move the solids around, allowing the raw egg to continue to cook. Taste a little to check your seasoning.
- 6. Once the eggs are 90% cooked, slide the omelette onto a plate (they'll continue to cook from the residual heat).
- 7. Garnish with coriander. Great served with a side of rice and a little extra fish sauce.

By Mitch Orr

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
332g	1380kJ 330kcal	24.3g	24.1g	4.7g	1.7g	1.1g	970mg	5.6g