

Japanese Egg Roll (Tamagoyaki)



Preparation time: 30 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Quick & Easy, Entertaining, Vegetarian

Traditionally known as Tamagoyaki, this Japanese Egg Roll is a simple and delicious recipe that'll add a twist to your regular omelette. This also makes a great snack for the kids!



Ingredients

- 6 eggs, whisked
- 2 tbsp finely diced red capsicum
- 2 tbsp finely chopped chives
- 2 tsp vegetable oil
- Steamed rice, to serve
- Steamed broccolini, to serve

- Sweet soy sauce, to serve

Method

1. Whisk eggs in a bowl. Pour beaten egg through a fine sieve into a large bowl, discarding any gelatinous whites left behind. (This ensures a fine, streak-free omelette.) Add capsicum and chives. Stir until combined. Season with salt and white pepper.
2. Heat 1 teaspoon oil in a 20cm (base measurement) non-stick frying pan over medium heat.
3. Ladle 1/3 cup egg mixture into pan and swirl around until base is evenly coated with egg. Cook for 2 minutes or until egg is half set. Use a flat spatula to loosen edges of omelette slightly then, starting from the edge closest to you, roll up omelette to about halfway. Slide spatula beneath omelette and carefully drag it to the edge closest to you. Pour in another ¼ cup of egg mixture around the exposed pan and unrolled portion of the omelette. Repeat with the cooking, folding and dragging. Add another ¼ cup of egg mixture and repeat process rolling the omelette up completely.
4. Transfer rolled omelette to a plate and cover to keep warm. Heat remaining oil in the frying pan and repeat the process to make another omelette roll.
5. Cut each omelette into 1cm wide pieces and thread onto disposable bamboo chopsticks or simply serve on rice with steamed broccolini and sweet soy sauce.

Notes

Please note that this meal is only gluten free if it is not served with soy sauce.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
93g	572kj 137kcal	11.4g	10g	2.3g	0.5g	0.5g	135mg	0.2g

All nutrition values are per serve.