

# Omelette Spring Rolls



Preparation time: 40 mins

Serves: 8 people

User Rating: ★★☆☆☆

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## Ingredients

### OMELETTE

- 7 eggs
- 2 tsp sesame oil
- Salt and ground white pepper
- 1 tbsp olive oil

### FILLING

3 tbsp oyster sauce

2 tbsp hoisin sauce

500g pork mince

2 cloves garlic, crushed

2 tsp finely grated ginger

1 ¼ cups (approx. 1 large carrot) shredded carrot

2 ½ cups (200g) bean sprouts

½ cup chopped coriander leaves, plus extra for garnish

Serve with sriracha, optional

## Method

### Omelette

1. Whisk eggs and oil in a large jug. Season with pepper. Heat ½ tsp oil in a non-stick frying pan (18cm base) over a medium heat. Ladle approx. 2 tbsp of egg mixture. Swirl to coat base of pan. Cook for 30 seconds, or until golden on base and nearly set.
2. Gently turn over with a spatula. Cook for a further 30 seconds. Remove to a plate. Keep warm. Repeat with remaining egg mixture to make 8 omelettes. Set aside to keep warm.

## Filling

1. Combine sauces in a jug with 3 tsp water.
2. Heat remaining oil in a large, non-stick frying pan over a high heat. Add mince, garlic and ginger. Cook, stirring to break up mince, for about 7 minutes, or until mince is golden.
3. Add half the sauce mixture and carrot. Heat through. Remove from heat. Stir in sprouts and coriander. Season with salt and ground white pepper.

## To serve

1. Divide mince mixture into 8. Place one omelette onto a plate and spoon on portion of mince mixture down centre of an omelette. Roll up to enclose. Repeat with remaining omelettes and mince mixture.
2. Drizzle remaining sauce and sriracha over omelettes. Garnish with coriander leaves.

## Notes

### TIPS

- Replace carrot with grated zucchini.
- Mince mixture can be made ahead. Refrigerate, covered. Reheat in microwave. Stir through carrot and sprouts just before serving.
- A non-stick frying pan is essential to make omelettes.

## Nutritional Information

| Serving size | Energy                          | Protein    | Total fat    | Saturated fat | Carbs (total) | Carbs (sugar) | Sodium       | Fibre       |
|--------------|---------------------------------|------------|--------------|---------------|---------------|---------------|--------------|-------------|
| <b>174g</b>  | <b>1010kJ</b><br><b>241kcal</b> | <b>20g</b> | <b>14.9g</b> | <b>4.3g</b>   | <b>5.8g</b>   | <b>4.8g</b>   | <b>571mg</b> | <b>2.1g</b> |

All nutrition values are per serve.