

Prawn and Kimchi Omelette

Preparation time: 16 mins

Serves: 2 people

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Categories:

Dinner Recipes, Lunch Recipes



Ingredients

- 3 eggs (per omelette)
- 200g prawns - either fresh prawn meat or precooked and peeled
- 4 tablespoons kimchi*
- 3 tablespoons kewpie mayo**
- 1 small bunch of coriander
- 2 handfuls of bean shoots
- 4 tablespoons crispy shallots

- Water (1 tablespoon per omelette)
- Salt and pepper to season
- Oil

Method

1. Poach prawns by bringing a pot of water to the boil, pop the prawns in and cook for about 1 minute or until they turn white and are cooked through.
2. Refresh into cold water to stop the cooking process.
3. Peel the shell away from the prawns and remove the vein that runs down the back of the prawn and set aside. ***
4. Beat the eggs and water lightly and season with salt.
5. Gently heat a non-stick fry pan over a low heat. Add a small amount of oil and pour in the egg mix.
6. Using a turner, gently wiggle the eggs to prevent sticking and over colouring then let them set.
7. Remove the omelette from the heat and lay it open on a plate. Lay the prawns, bean shoot, some coriander and a few dots of kewpie mayo down the centre of the omelette, fold the edges over each other.
8. On top of the omelette sprinkle some kimchi, coriander, a drizzle of kewpie mayo and crispy shallots.
9. Season with pepper and serve.

By Jo Barrett

Notes

* Kimchi, a staple in Korean cuisine, is a famous traditional side dish of salted and fermented vegetables.

** Kewpie is a smoother, creamer Japanese mayonnaise, which is made with rice vinegar rather than distilled vinegar, and egg yolks, not the whole egg.

*** If you're using precooked and peeled prawns, skip steps 1-3.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)
327	2610kJ 624kcal	41.5g	47.7g	8.7g	6.3g	2.9g
Sodium	Fibre					
807mg	3.5g					

All nutrition values are per serve.

