

Tortang Giniling (Filipino Beef Omelette)



Preparation time: 20 mins

Serves: 4 people

User Rating: ★★★★★

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Ever have an omelette quite like this? Hailing from the Philippines, Tortang Giniling is a delicious, savoury omelette consisting of ground beef and vegetables.

Different from the traditional omelette where eggs are folded over the savoury fillings, tortang giniling combines the cooked fillings with eggs before frying. The end result is a fritter-like textured dish that tastes great at breakfast, or packed away for lunch.

Economical, easy, and delicious (just like eggs) are three of the many reasons why we're in love with this Filipino dish. Try it out for yourself!



Ingredients

- 300g ground beef
- 7 eggs
- 1 brown onion, diced
- 2 tomatoes, diced
- 4 cloves garlic, chopped
- 1 small green capsicum, finely diced
- 1 small red capsicum, finely diced
- ½ cup frozen peas
- Salt and ground pepper to taste
- ¼ cup cooking oil
- Garlic rice and banana ketchup, to serve

Method

1. Heat a large frypan or wok over medium to high heat and add 2 tablespoons of cooking oil.
2. Add the beef and cook until browned. Add the rest of the ingredients and cook, stirring regularly until most of the liquid has been absorbed.
3. Transfer to a large bowl and allow to cool down completely.
4. Once the meat mixture is cooled, whisk eggs in a separate bowl and add to the meat mixture, stirring to combine well.
5. Heat a medium nonstick fry pan and add cooking oil. Scoop 1/4 of the mixture into the pan. Cook for a few minutes on each side or until the eggs are just done. Transfer to a plate and repeat the process with the remainder of the mixture.
6. Traditionally served with garlic rice and banana ketchup.