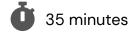


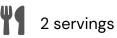




# Crispy Thai Egg Omelette

Thai style individual mushroom omelettes served over rice with fresh snow pea sprouts and tomatoes on the side. Drizzled with red queen sauce from GH produce to finish.







# Make a frittatal

You can make a large omelette or frittata with all the eggs if you prefer! Cook, covered, in the pan or finish cooking in the oven until golden and set.

#### FROM YOUR BOX

BASMATI RICE	150g
SPRING ONIONS	1 bunch
BUTTON MUSHROOMS	200g
ТОМАТО	1
SNOW PEA SPROUTS	1 punnet
SNOW PEA SPROUTS FREE-RANGE EGGS	1 punnet 6-pack
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FREE-RANGE EGGS	6-pack

#### FROM YOUR PANTRY

oil for cooking (see notes), pepper, soy sauce, rice or cornflour

#### **KEY UTENSILS**

saucepan, large frypan

#### **NOTES**

If you have, use a neutral flavoured oil for this dish such as grape seed oil, or peanut oil would work well also.





#### 1. COOK THE RICE

Place rice in a saucepan, cover with 300ml water. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



## 2. PREPARE THE VEGETABLES

Slice spring onions (reserve some tops for garnish) and mushrooms.

Wedge tomato and set aside with snow pea sprouts. Keep separate.



#### 3. PREPARE THE EGGS

Whisk 4 eggs with 3 tsp soy sauce and 3 tsp rice or cornflour. Season with pepper.



### 4. COOK THE VEGETABLES

Heat a large frypan over medium-high heat with oil. Add prepared spring onions and mushrooms. Crush in garlic and season with 1/2 tbsp soy sauce. Cook for 6-8 minutes until softened. Remove from pan, keep pan over heat.



# 5. COOK THE OMELETTES

Add 1 tbsp oil to pan. When oil is hot, pour in half of the whisked eggs. Add half of the cooked vegetables and leave to cook for 2-3 minutes. Use a spatula to fold the omelette over in half and cook for further 2-3 minutes or until set. Repeat to make 2 omelettes.



#### 6. FINISH AND SERVE

Divide rice and omelette between plates. Serve alongside fresh tomato and snow pea sprouts with a drizzle of red queen sauce.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



