




### Product Spotlight: Red Queen Sauce


This new, native sweet chilli sauce from WA local, GH Produce, has a perfect chilli balance between spice and sweet. It also includes ethically foraged native Australian ingredients.



## 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.

 35 minutes

 4 servings

 Vegetarian

## Make a frittata!

*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.*

Per serve: **PROTEIN** 22g **TOTAL FAT** 9g **CARBOHYDRATES** 87g

## FROM YOUR BOX

BASMATI RICE	300g
SPRING ONIONS	1 bunch
BUTTON MUSHROOMS	400g
TOMATOES	2
SNOW PEA SPROUTS	1 punnet
FREE-RANGE EGGS	6-pack
GARLIC CLOVE	1
RED QUEEN SAUCE	100ml

## 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 **600ml 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 tomatoes and set aside with snow pea sprouts. Keep separate.



### 3. PREPARE THE EGGS

Whisk eggs with **1 tbsp soy sauce** and **1 tbsp 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 1/3 cup whisked eggs. Add 1/4 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 4 omelettes.



### 6. FINISH AND SERVE

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



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