

Asian Style Prawn and Rice Omelette

By Miele

10 minutes

10 minutes

4-6

Serves



INGREDIENTS

Omelette

- 4 eggs
- 1 tablespoon cream
- 2 tablespoons oyster sauce
- 1 teaspoon soy sauce
- 2 spring onions, thinly sliced
- 70g Jasmine rice, cooked
- 1 teaspoon sesame oil
- 1 tablespoon grapeseed oil, for frying

Sauté prawns

- 12 green prawns, peeled with tails on
- 1 teaspoon sesame oil
- Murray River salt flakes
- Cracked black pepper
- 1 tablespoon grapeseed oil, for frying

Garnish

- Spring onion, thinly sliced
- 50g snow peas, thinly sliced
- Coriander
- Lime halves
- Sweet chilli sauce

METHOD

Omelette

1. Combine all ingredients in a bowl and whisk until well combined.
2. Heat grapeseed oil in a non-stick frying pan on medium heat, Induction setting 7.
3. Add the egg mixture to the pan and stir for 30 seconds. The omelette will begin to set, keep loosening the side of the pan with a heat-proof spatula and reduce the heat to Induction setting 5.
4. Place a lid over the top of the pan as this will help the omelette to set for approximately 8 minutes.

Prawns

1. Heat a flat bottom wok or frying pan on Temp Control 3, or Induction setting 7. Sauté prawns in the grapeseed oil. Once cooked, remove from heat, coat in sesame oil and season to taste.

To serve

- 1 Turn omelette out onto a board and cut into portions.
2. Top the omelette with the prawns, then garnish with thinly sliced snow peas, coriander and extra spring onion.
3. Serve with lime halves and sweet chilli sauce.