



Asian style prawn and rice omelette

By Miele

10 minutes

Preparation time

10 minutes

Cooking time

4-6

Serves

INGREDIENTS

Omelette

- 4 eggs
- 1 tbsp cream
- 2 tbsp oyster sauce
- 1 tsp soy sauce
- 2 spring onions, thinly sliced
- 70 g jasmine rice, cooked
- 1 tsp sesame oil
- 1 tbsp grapeseed oil, for frying

Prawns

- 12 green prawns, peeled with tails on
- 1 tbsp grapeseed oil, for frying
- 1 tsp sesame oil
- Salt flakes, to taste
- Cracked black pepper, to taste

To serve

50 g snow peas, thinly sliced Coriander leaves Spring onion, thinly sliced 2-3 limes, cut in half 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.
- 2. Sauté prawns in the grapeseed oil.
- 3. 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.