

Thai Egg Omelet Recipe

Ingredients: Serves 4

115g pork
115g shrimps, shelled and de-veined
1 clove minced garlic
2 tablespoons fish sauce
1 tablespoon seasoning sauce
2 tablespoons sugar
1 small tomato, diced
1 small onion, diced
4-5 french beans, stringed and cut into small cubes or green peas
2 tablespoons chopped carrots
2 tablespoons red and green capsicum, chopped
6 eggs, beaten
a pinch of white pepper
3 tablespoons oil
cilantro and scallions for garnish

Method:

Mince pork and shrimps together. Chop all vegetables. Heat a pan and add 1 tablespoon of the oil and garlic. Stir-fry meat mixture until done. Add fish sauce, seasoning sauce and sugar. Continue to cook until the sauce is reduced. Add all vegetables and stir to combine. Mix white pepper into vegetables. Heat pan on medium heat and coat with a thin layer of oil. Add ¼ of egg mixture and roll to coat surface of pan. Add ¼ of filling mixture and allow omelet to cook. Fold 2 sides together. Fold other 2 sides together. Place a plate on top of omelet and turn pan upside down to invert omelet, showing the bottom as the top. Continue to make other omelets.

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