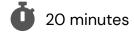




Asian Chicken Omelettes

Individual omelettes with a stir-fried chicken & cabbage mixture garnished with spring onions, chilli, peanuts and lime wedges.







Fancy fried rice?

Add some cooked rice to the chicken & cabbage stir-fry for a simple fried rice! Top with a fried egg to serve!

FROM YOUR BOX

FREE-RANGE EGGS	3
TERIYAKI SAUCE	50ml *
SPRING ONIONS	2
RED CHILLI	1
LIME	1
PEANUTS	1 packet (40g)
CHICKEN MINCE	300g
GARLIC CLOVE	1
COLESLAW MIX	1 bag (200g)

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil/butter for cooking, sweet chilli sauce (or chilli sauce)

KEY UTENSILS

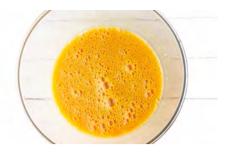
frypan x 2

NOTES

If making omelettes feels too complicated - just serve the chicken & cabbage stir-fry with a fried egg and garnishes!

We used a 24cm frypan for the omelettes but any size is fine to use! A large frypan makes the omelette harder to handle.

No gluten option - Teriyaki sauce is replaced with GF Teriyaki sauce. Use to taste.



1. WHISK THE EGGS

Whisk eggs with 1 1/2 tbsp water and 1/2 tbsp teriyaki sauce (see notes). Set aside.



2. PREPARE THE GARNISH

Slice green spring onion tops and red chilli (deseed if preferred). Wedge lime and arrange on a plate with peanuts.



3. COOK THE CHICKEN

Heat a frypan with **oil** over medium-high heat. Add chicken mince and cook for 3-4 minutes, breaking up lumps. Crush in garlic, slice and add remaining parts of the spring onions.



4. ADD THE CABBAGE

Stir in coleslaw mix and cook for further 5 minutes or until softened. Season with **1-2 tbsp sweet chilli sauce** and 1 1/2-2 tbsp teriyaki sauce.



5. COOK THE OMELETTES

While chicken is cooking, heat a second frypan over medium heat (see notes). Add a little **oil** and pour in 1/3 cup of egg mixture. Cook until just set and golden. Transfer to a plate for serving and repeat for remaining egg mixture.



6. FINISH AND SERVE

Top each omelette with chicken mixture and prepared garnish ingredients. Serve with extra sweet chilli 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



