




Product Spotlight: Free-range eggs


Eggs are nutritional powerhouses!
They contain very high quality protein, iron, an abundance of vitamins, minerals and disease-fighting carotenoids!



3 Asian Chicken Omelettes

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

 20 minutes

 2 servings

 Chicken

17 August 2020

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**

