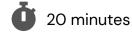




# **Asian Chicken Omelettes**

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	6-pack
TERIYAKI SAUCE	80ml *
SPRING ONIONS	1/2 bunch *
RED CHILLI	1
LIME	1
PEANUTS	1 packet (40g)
CHICKEN MINCE	600g
GARLIC CLOVES	2
COLESLAW MIX	1 bag (400g)

<sup>\*</sup>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 **1/4 cup water** and 1 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 large frypan with **oil** over mediumhigh 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 2 tbsp sweet chilli sauce and 3 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



