



DINNER TWIST  
LOCAL. HEALTHY. DELIVERED



### 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



4 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	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)

*\*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 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 **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](mailto:hello@dinnertwist.com.au)

