



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Free-Range Eggs


Eggs are full of disease-fighting nutrients, good quality protein, and an array of vitamins and minerals. Your brain development and memory may benefit from the choline content as well!



## L4 Thai-Style Omelette with Red Rice and Desert Lime Dressing

Fragrant lemongrass and tomatoes are cooked and served in a folded omelette, served over red rice with fresh red chilli and desert lime dressing from WA locals, GH Produce.

 30 minutes

 4 servings

 Vegetarian

12 August 2022

## Switch it up!

*Make a frittata instead of an omelette. Cook vegetables, crack eggs and whisk to combine. Pour eggs over vegetables and cover, cooking for 8-10 minutes until eggs are set.*

Per serve: **PROTEIN** 21g **TOTAL FAT** 11g **CARBOHYDRATES** 83g

## FROM YOUR BOX

RED RICE	1 packet (300g)
SPRING ONIONS	1 bunch
LEMONGRASS	1 stalk
TOMATOES	2
SUGAR SNAP PEAS	1 bag (250g)
RED CHILLI	1
WATERCRESS	1 sleeve
FREE-RANGE EGGS	6-pack
SOY, SESAME & DESERT LIME DRESSING	1 bottle

## FROM YOUR PANTRY

sesame oil, salt, pepper, rice wine vinegar

## KEY UTENSILS

large frypan, saucepan

## NOTES

To use a whole lemongrass stalk, slice off the bottom-most section, and peel away any dried-out layers, then bash the woody top end with a rolling pin to soften and help release some of the aromatic oils.

To make smaller omelettes add 1/4 cupfuls of egg mixture to the pan at a time. Cook for 3-5 minutes until set. Repeat with remaining egg mixture.

To serve, cut the omelette into wedges and serve on a plate.



### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes until tender. Drain and rinse.



### 2. PREPARE THE VEGETABLES

Slice spring onions (reserve green tops for garnish) and lemongrass (see notes). Wedge tomatoes. Trim and slice sugar snap peas. Slice chilli and trim watercress, keep separate.



### 3. COOK THE VEGETABLES

Heat a large frypan over medium-high heat with **sesame oil**. Add spring onions, lemongrass and tomatoes. Cook for 4-6 minutes until tender. Add sugar snap peas and cook for a further minute. Remove from pan and keep pan over heat.



### 4. COOK THE OMELETTE

Crack eggs into a bowl and season with **salt and pepper**. Whisk to combine. Add extra **oil** pan (see notes). Pour in egg mixture and cook for 5 minutes. Remove from heat and stand, covered, for 3 minutes. Remove omelette to a large plate to serve.



### 5. PREPARE THE DRESSING

Pour desert lime dressing into a bowl along with **1 tbsp rice wine vinegar**. Whisk to combine.



### 6. FINISH AND SERVE

Serve rice in a large bowl. Spoon cooked vegetables onto half omelette. Fold omelette over (see notes). Drizzle dressing over omelette or serve on the side. Garnish with watercress, chilli slices and reserved spring onion green tops.

**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)

