

Asian Omelette

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: broccoli, coriander, silverbeet, snow peas, snow pea shoots, spring onions

Equipment:

metric measuring cup and spoons
clean tea towel
chopping board
cook's knife
whisk or fork
bowls – 1 medium, 4 small
wok
wooden spoon
serving platters

Ingredients:

8 eggs
2 tsp fish sauce
1 tsp sesame oil
1/3 cup sunflower oil
1 small handful of snow pea tendrils or snow peas, julienned
1 head of broccoli, cut into small florets and blanched
3 silverbeet leaves, finely chopped
1 small handful of bean sprouts
4 spring onions, finely sliced
2 tbsp oyster sauce
1 small handful of coriander leaves, torn



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Whisk the eggs lightly, using the whisk or fork, with the fish sauce and sesame oil in the medium bowl. Divide the mixture into four small bowls.
3. Heat a wok with a quarter of the sunflower oil. When the oil starts to shimmer and is very hot, ***gently but quickly pour in one bowl of eggs** (they will puff up).
4. Loosen the eggs with the wooden spoon and move them around a little – this will allow the egg mix to escape and cook.
5. Cook for 3–5 minutes until it is golden brown underneath and almost set inside.
6. Turn off the heat.
7. Push the omelette to one side and pour the excess oil off into a bowl. Use this oil for the next omelette, and top up the oil if required.
8. Add a quarter of the snow peas, broccoli, silverbeet, sprouts and spring onions to the middle of the omelette and fold it over.
9. Allow the omelette to sit for a minute to finish cooking inside.
10. Slide the omelette off onto a serving platter.
11. Repeat the process until you have made all four omelettes.
12. Slice the omelette into tasting portions, drizzle each with a little oyster sauce.
13. Serve sprinkled with torn coriander leaves.

***Adult supervision required**