

Asian Omelette With Greens & Tofu

Bialik College Kitchen Garden Program



Ingredients:

- rice bran oil
- 2 garlic cloves
- 2.5cm ginger, grated
- 2 x bok choy, trimmed & shredded
- 6 x silverbeet/chard leaves only, shredded
- ¼ wombok, thinly shredded
- ½ cup bean sprouts
- 200g firm tofu, cut into 3cm pieces
- 4 eggs, beaten
- kecap manis

Equipment:

- wok
- frying pan
- chopping board
- knife
- grater
- metric measuring cups

Method:

1. Prepare all your ingredients and place them in bowls.
2. Heat 2 tablespoons of oil in a wok over high heat, add garlic, ginger, bok choy, silverbeet and cabbage.
3. Cook for 1 minute until leaves start to wilt. Add sprouts and tofu and cook tossing for another 2 minutes. Set aside.
4. Heat a frying pan on high heat, add 1 tablespoon of oil and add eggs and cook for 3 minutes.
5. Place frying pan under a hot grill and cook for a few minutes until puffy.
6. Place omelette onto a plate and place stir fried vegetables on top.
7. Drizzle with kecap manis and serve.