

Asian omelettes with wok-tossed greens

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- ☐ 8 eggs, separated
- ☐ rice bran oil
- ☐ 1 clove of garlic, crushed
- ☐ 1 small handful of snow peas, thinly sliced
- ☐ 1 head of broccoli, cut into small florets and stems sliced thinly
- ☐ 1-2 bunches of Asian greens, finely chopped
- ☐ 4 spring onions, finely sliced
- ☐ 2 teaspoons soy sauce
- ☐ 2 tablespoons kecap manis
- ☐ 1 small handful of coriander leaves, torn

Equipment:

- ☐ Metric measuring cups and spoons
- ☐ Chopping board
- ☐ Cook's knife
- ☐ Whisk
- ☐ Mixing bowls
- ☐ Wok
- ☐ Frying pan
- ☐ Wooden spoon
- ☐ Serving platters

Method:

1. Prepare all ingredients as listed above.
2. To make the omelette filling, heat a wok over high heat. Add 1 tbs rice bran oil and heat until hot. Add broccoli and snow peas. Stir-fry for 1–2 minutes until slightly softened. Toss through spring onions, garlic, Asian greens, soy sauce and kecap manis. Stir-fry for 1 minute. Transfer mixture to a plate.
3. Whisk egg yolks in a large bowl using a whisk. In a separate bowl, whisk egg whites until soft peaks form. Gently fold egg whites into egg yolks.
4. Wipe wok with paper towel. Heat 2 tsp rice bran oil in wok over high heat. Swirl a quarter of the egg mixture into wok, tilting wok so mixture evenly coats base. Cook until omelette is almost set. Place $\frac{1}{4}$ of the filling over half the omelette and fold over. Cook for 1 minute and slide onto a serving plate.
5. Repeat the process using remaining egg mixture, greens mixture and oil until you have made all four omelettes.
6. Slice the omelettes into tasting portions. Sprinkle with shredded spring onions and serve with extra kecap manis and torn coriander leaves.