

Asian Omelette

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: broccoli, coriander, silverbeet, snowpea shoots, spring onions

Equipment:

tea towel
chopping board
cook's knife
medium bowl
whisk or fork
measuring spoons
4 small bowls
wok
measuring cup
wooden spoon
serving platters

Ingredients:

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

What to do:

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

***Adult supervision required**