



Just Recipes.

Crisp Rice Omelet

Ingredients

Serves 2

1 tbsp [15 ml] peanut oil
1 tsp [5 ml] sesame oil
1 cup [250 ml] cooked long-grain rice (jasmine or basmati)
3 green onions, sliced thinly
1 long red chili, seeded, sliced thinly
5.25 oz [150 g] thin asparagus, sliced in $\frac{3}{4}$ -in lengths,
or snowpeas, sliced thinly
4 eggs
1 tsp [5 ml] finely grated fresh ginger
1 tsp [5 ml] soy sauce
sea salt and freshly ground black pepper

To serve

1 handful bean sprouts, thoroughly rinsed
fresh coriander leaves
soy sauce



Method

Preheat the oven to 350°F [180°C]. Heat a 8-inch [20-cm] non-stick frying pan over high heat. Add the peanut and sesame oil and rice and cook, stirring, for 5 minutes or until the rice is slightly crisp. Add $\frac{3}{4}$ of the green onions, all of the asparagus (or snowpeas) and the red chili and cook for 2 minutes more.

Lower the heat to low. Crack the eggs in a bowl and beat lightly with the grated ginger, soy sauce, a pinch of salt and some freshly ground black pepper. Pour the egg mixture over the veggies in the pan and cook, without stirring, for 5 minutes. Finish cooking the omelette in the oven for 3 minutes or until the omelette has set.

Mix the bean sprouts, some fresh coriander leaves and the remaining sliced green onions in a bowl. To serve, put the bean sprout “salad” over the warm omelet, drizzle with soy sauce and sprinkle with freshly ground black pepper.