KIKKOMAN

Asian omelette with stir-fried vegetables

Total time **20 mins** **10 mins** preparation time **10 mins** cooking time

Nutritional facts (per portion):
1,926 kJ / 460 kcal

Fat: **30 g** Protein: **24 g**
Carbohydrates: **22 g**

INGREDIENTS

2 portion(s)

1	onion
1	carrot
1	red pepper
0.5	broccoli head
1 tbsp	vegetable oil
4	eggs
1.5 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	chopped coriander
1 tbsp	butter

PREPARATION

Step 1

1 onion - **1** carrot - **1** red pepper - **0.5** broccoli head - **1 tbsp** vegetable oil - **0.5 tbsp** Kikkoman Naturally Brewed Soy Sauce

Finely chop the onion, grate the carrot on a coarse grater, dice the red pepper, and break the broccoli into small florets. Stir-fry the vegetables in oil over high heat for 1 minute. Add the Kikkoman Soy Sauce and cook for another 2 minutes. Set aside to cool slightly.

Step 2

4 eggs - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** chopped coriander - **1 tbsp** butter

Crack 2 eggs into each of two bowls. Add ½ tbsp of Kikkoman Soy Sauce and ½ tbsp of chopped coriander to each, then whisk with a fork. Melt the butter in a pan and cook the omelettes using the prepared mixtures. Transfer to plates, fill with the vegetable mixture, roll up like a tortilla and serve.