KIKKOMAN

Aubergine-courgette & camembert omelette

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

Nutritional facts (per portion):
2,192 kJ / 524 kcal

Fat: **41 g** Protein: **30 g**
Carbohydrates: **12 g**

INGREDIENTS

2 portion(s)

100 g	camembert
100 g	aubergine
100 g	courgette
50 g	red onion
2 tbsp	olive oil
2 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
1 tsp	fresh thyme, chopped
0.25 tsp	pink pepper
4	eggs
2 tsp	sriracha
1	garlic clove, finely chopped
30 g	walnuts
1 handful	rocket

PREPARATION

Step 1

100 g camembert - **100 g** aubergine - **100 g** courgette - **50 g** red onion - **1 tbsp** olive oil - **1 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **1 tsp** fresh thyme, chopped - **0.25 tsp** pink pepper
Slice the camembert and set aside. Dice the aubergine and courgette, and slice the onion. Heat 1 tbsp olive oil, sauté the vegetables, then add the Kikkoman Less Salt Soy Sauce, thyme and pepper.

Step 2

4 eggs - **1 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **2 tsp** sriracha - **1** garlic clove, finely chopped - **1 tbsp** olive oil
Separate the egg whites from the yolks. Beat the whites until stiff. Mix the yolks with the Kikkoman Less Salt Soy Sauce, sriracha and garlic, then gently fold in the egg whites. Heat ½ tbsp olive oil in a frying pan, pour in half the mixture and cook the omelette on a low heat, covered, for 2 minutes on each side. Repeat for the second omelette.

Step 3

300 g walnuts - **1 handful** rocket
Toast the walnuts on a hot dry pan until they start to brown. Top each omelette with the sautéed vegetables and camembert from step 1. Sprinkle over the toasted walnuts, add the rocket and fold in half. Pack the omelettes into lunchboxes.