KIKKOMAN

Omelette with vegetables

Total time **12 mins** **5 mins** preparation time **7 mins** cooking time

Nutritional facts (per portion):
1,754 kJ / 419 kcal

Fat: **31.1 g** Protein: **16.3 g**
Carbohydrates: **17.4 g**

INGREDIENTS

2 portion(s)

2 tbsp	frying oil
1	onion
0.5	carrot
0.5	red pepper
0.5 tsp	pepper
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	spring onion
4	eggs
1 tbsp	wheat flour
	Mayo-sriracha sauce from the „Bowl with beef and vegetables" recipe

PREPARATION

Step 1

1 tbsp frying oil - **1** onion - **0.5** carrot - **0.5** red pepper - **0.25 tsp** pepper - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **0.5 tbsp** spring onion
Cut the carrot and red pepper into sticks and chop the onion and the spring onion. Fry the onion in oil until golden, then add the carrots and red peppers. Add the pepper and Kikkoman Soy Sauce. Finally, sprinkle with the spring onion and set aside.

Step 2

4 eggs - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **0.25 tsp** pepper - **1 tbsp** wheat flour
Separate the egg whites from the yolks. Pour the whites into a large bowl and beat until stiff. Add the egg yolks mixed with Kikkoman Soy Sauce and pepper. Whisk at a low mixer speed. Sift in the flour and mix gently.

Step 3

1 tbsp frying oil
Heat the oil in a frying pan and spread it thoroughly. Pour in half of the omelette mixture. Fry over a low heat for 1-2 minutes, then add half of the previously prepared vegetables on top. Cover with a lid and fry for about 4 minutes over a low heat. Remove the omelette from the pan. Repeat the process for the second omelette.

Step 4

Mayo-sriracha sauce from the "Bowl with beef and vegetables" recipe - **0.5 tbsp** spring onion
Chop the spring onion. Fold the omelettes in half and place them in lunch boxes. Serve with the

mayonnaise-sriracha sauce and spring onions.