

# Red pepper and carrot omelette wraps

Total time **30 mins** 15 mins preparation time 15 mins cooking time

## INGREDIENTS

4 portion(s)

<b>3 tbsp</b>	groundnut oil
<b>1</b>	red pepper, deseeded and chopped
<b>1</b>	large carrot, cut into matchsticks
<b>75 g</b>	button mushrooms, thinly sliced
<b>150 g</b>	mange tout or sugar snap peas, sliced thinly lengthways
<b>6</b>	spring onions, trimmed and thinly sliced
<b>4</b>	large eggs
<b>2 tbsp</b>	rice vinegar
<b>2 tbsp</b>	clear honey
<b>2 tbsp</b>	Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
<b>2 tbsp</b>	tomato ketchup

## PREPARATION

### Step 1

Heat 2 tablespoons of the oil in a wok or large frying pan, add the red pepper and carrot sticks and stir-fry for 3 minutes over a fairly high heat.

### Step 2

Add the mushrooms, mange tout or sugar snap peas and spring onions and stir-fry for a further 5 minutes. Remove the pan from the heat and set aside while you cook the omelettes.

### Step 3

Heat the remaining oil in a small non-stick frying pan, beat one egg in a cup or small jug and pour it into the pan. Tilt the pan so the egg spreads in a thin layer over the base. Cook over a medium heat for about 1 minute or until the egg is set in a thin omelette.

### Step 4

Slide the omelette out of the pan onto a plate and keep warm while you make three more in the same way, stacking the omelettes on top of each other as they cook.

### Step 5

In a small bowl, whisk together the vinegar, honey, Kikkoman Tamari Gluten-free soy sauce and ketchup and pour into the pan containing the vegetables. Return to a fairly high heat and toss everything together for a couple of minutes until the vegetables are coated in the sauce.

## **Step 6**

Spoon the vegetables onto the omelettes and roll up. Cut into slices and serve warm with extra Kikkoman Tamari Gluten-free soy sauce for dipping or sprinkling over, if wished.