KIKKOMAN

Red pepper and carrot omelette wraps

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

INGREDIENTS

4 portion(s)

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