

Prawn Omelette

Preparation : 10 minute
Cooking Time : 10 minutes
Serves : 4

An omelet is a great compliment to any Chinese banquet and this has been a favorite with most friends we've tortured at some of our Chinese nights. See what you think.

INGREDIENTS

<ul style="list-style-type: none">• 4 eggs• 100g fresh prawns• 50g ham• 2 cloves garlic• ½ tsp salt• 1 tbsp sesame Oil	<ul style="list-style-type: none">• 2 spring onions• 2 bacon rashers• ½ onion finely chopped• ¼ tsp pepper• 2 tbsp peanut cooking oil• 50g bean sprouts
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METHOD

1. Wash and clean bean sprouts and set aside. This means tediously removing the pod end on each sprout. Fresh produce is the key here.
2. Finely chop onion into 1-2mm square portions and set aside.
3. Finely chop bacon rashers into 1-2mm square portions , ham (optional) and set aside.
4. Shell and clean prawns making sure the vein is removed, chop finely 3-4mm and set aside.
5. Clean and wash spring onions removing the root end, finely slice the white and green portions cross ways diagonally and set aside as garnish.
6. Clean and finely chop or grate garlic (more the better).
7. Place 4 eggs in a mixing bowl and add salt and pepper to taste and lightly beat.
8. Prepare [omelet sauce](#) as per separate recipe.
9. Heat wok and add sesame oil, garlic, prawns, onion, ham (optional), bacon and salt, and stir fry 2-3 minutes or until prawns are just turning color. Add to egg mixture and stir gently whilst adding bean sprouts.
10. Add omelet mixture to non stick fry pan on medium heat and allow to partially set 1-2 minutes.
11. Separate into 4 pieces and gently turn each portion

over.

- 12.** When cooked place onto serving plate and pour over preheated omelet sauce.
- 13.** Sprinkle finely chopped spring onions.
- 14.** Enjoy

ACKNOWLEDGEMENTS

Recipe with the compliments of Ray from the Chinese Kitchen Restaurant Riverton Western Australia.