

GF Friendly

Malaysian Omelette
Make a vegetable omelette in just minutes

I'd pulled out a rice stir-fry from the freezer for tea. When I came to heat it later, it seemed a bit meagre; but by then it had de-frosted. So, I decided to try an accompaniment: a recipe from our friend Jothi – Malaysian Omelette. I'm guessing the quantities suggested were intended for a single serve; but as there are two of us and I already had half a meal with the stir-fry, I divided the ingredients to make two smaller omelettes. Once they were cooked, I kept them warm in the oven while I re-fried the rice.

- 3 eggs
- 1 Tbsp milk
- ½ red onion, sliced in ¼ rings
- 1 cup shredded cabbage
- 1 finely-sliced carrot
- 1 tomato, chopped small
- 1 tsp minced garlic
- 1 tsp minced ginger
- 1 tsp mixed herbs
- ¼ tsp chilli powder
- ½ tsp turmeric
- ¼ tsp dill
- Salt and pepper (optional)
- 1 Tbsp extra virgin olive oil 15g butter



Beat the eggs in a bowl with the milk and a shake of salt and pepper. Pour **half** into a separate dish and set aside. Prepare the vegetables as above, then put them all together in a separate bowl with the garlic, ginger, herbs and spices. Toss these well to mix.

Melt the butter with the oil in a wok or small fry pan. Add the vegetables and stir-fry over a medium heat for about 3 minutes – longer if you prefer the carrots softer. Take the wok off the heat and transfer **half** of the cooked vegies to the bowl. Put the wok back on the heat, but turn it down to low. Spread the vegies around the base and pour on **one** dish of beaten egg evenly over and cover with a lid. Cooking won't take long and is complete when the egg in the centre is set. Fold over once, being careful not to break up the omelette too much, transfer to a warmed plate and return to the oven while cooking the second omelette as above.

Serves 2 with fried rice or salad

Not recommended for freezing

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