



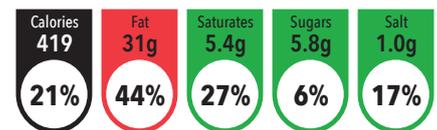
VIETNAMESE STYLE OMELETTE

 **Prep: 15 minutes**

 **Cook: 10 minutes**

 **Serves: 2**

Each serving contains



of your guideline daily amount

INGREDIENTS:

- 6 medium eggs, beaten
- 2 spring onions, finely sliced
- 1 tbsp chopped coriander
- ¼ tsp **LoSalt**
- ¼ tsp Thai fish sauce
- 1 tbsp oil

Filling:

- 1 tbsp oil
- 1 red pepper, thinly sliced
- 6 spring onions, shredded
- 100g beansprouts
- 4 sprigs coriander, leaves picked
- 3 sprigs mint, leaves picked

METHOD:

1. Mix the eggs, spring onions, coriander, **LoSalt** and fish sauce in a small bowl.
2. Heat half the oil in a 25cm based non-stick frying pan and pour in half the mixture, move the pan so that the mixture covers the base of the pan and cook gently for 2 minutes or until the egg has just set. Remove and repeat to make 2 omelettes.
3. In the same pan, heat the oil for the filling and fry the pepper and spring onions for 4 minutes, adding the beansprouts for the last minute. Stir in the herbs and divide between the omelettes and fold over to serve.