

# Seafood Omelette with Bean Sprouts

## 2.3 Egg Dishes

### Ingredients

Net Qty	Ingredients	Gross Qty	Unit price	Total (CHF)
	TOMATO FILLING		0.00	0.00
100 gms	Tomato	100 gms	0.00	0.00
10 gms	onion	10 gms	0.00	0.00
5 gms	garlic	5 gms	0.00	0.00
200 gms	peeled prawns	200 gms	0.00	0.00
200 gms	Seabass/garfish/snapper	200 gms	0.00	0.00
20 ml	Balsamic vinegar	20 ml	0.00	0.00
10 gms	Vietnamese basil	10 gms	0.00	0.00
10 gms	Coriander leaves	10 gms	0.00	0.00
	OMELETTE		0.00	0.00
6 pcs	eggs	6 pcs	0.00	0.00
1 tbsp	water	1 tbsp	0.00	0.00
20 gms	enoki mushrooms	20 gms	0.00	0.00
5 gms	chillies	5 gms	0.00	0.00
Total				0.00

### Calculation

Tax 0.00 %

	Festgesetzter Verkaufspreis			
Total		Selling price	Cost of goods	Margin
0.00		CHF 0.00	0.00	CHF 0.00

### Nutrients

### Guideline Daily Amounts

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For 1.00

### Ingredients

		TOMATO FILLING
100	gms	Tomato
10	gms	onion
5	gms	garlic
200	gms	peeled prawns
200	gms	Seabass/garfish/snapper
20	ml	Balsamic vinegar
10	gms	Vietnamese basil
10	gms	Coriander leaves
		OMELETTE
6	pcs	eggs
1	tbsp	water
20	gms	enoki mushrooms
5	gms	chillies

### Preparation

1. Chop the tomato, onion and garlic, and sweat them together in a pan with a little vegetable oil over low heat. Cook until the onion is soft and transparent and the mixture is quite dry. Gently stir the seafood through the mixture until prawns are pink and fish is just cooked, about 2 minutes. Season with balsamic vinegar and herbs. Set aside.
2. Whisk eggs with water for 30 seconds until frothy.
3. Heat a non-stick pan which has been brushed with a little vegetable oil, and when hot, pour half of the mixture into the pan. Cook until the edges begin to brown. Spoon half of the seafood tomato mixture over one side of the omelette. Sprinkle with half of the mushrooms, bean shoots and chilli.
4. Fold omelette over and continue cooking for another minute. Remove onto serving plate. Repeat steps 2-4 with remaining ingredients to make another omelette.
5. Garnish with some coriander or mint and serve hot with a small bowl of soy sauce on the side. The omelette can also be served with plain rice.

