

Herb Omelette Stir Fry

Serves 4

Ingredients

- 2 Sunny Queen eggs
- 2 tbsp fresh herbs, chopped
- 2 garlic cloves, crushed
- 1 tsp ginger, crushed
- 2 celery sticks
- 2 carrots
- 2 zucchinis
- 4 spring onions, diced
- 1 1/3 cup bean sprouts
- 1/4 head Chinese cabbage, shredded
- 1 tbsp sesame oil
- Black pepper



Method

1. Whisk Sunny Queen egg with fresh herbs in a bowl. Pour into a heated pan, cook for 1 minute then turn over to complete cooking. Remove from pan - roll up omelette to form a cylindrical shape and slice thinly. Put to the side.
2. Slice the carrots, celery and zucchini into long shreds.
3. Sauté the garlic and ginger in a spray of oil. Add shredded celery, carrots and zucchini for about 1 min. Add the bean sprouts, cabbage and spring onion, and stir-fry for 3 minutes until all the vegetables are tender. Sprinkle the sesame oil over the vegetables, toss gently.
4. Place on plate with fresh herb omelette over the top.