

# OMELET WITH SHRIMPS AND VEGETABLES IN SWEET SOUR SAUCE

---



2 persons / 528 kcal per person

## Ingredients:

- 3 medium eggs
- 1 tablespoon Japanese soy sauce
- 2 tablespoons of olive oil
- 2 cm fresh ginger
- 300 grams of Chinese stir-fry mix
- 3 tablespoons wok sauce sweet & sour
- 100 grams of cooked and peeled shrimps
- 130 grams basmati rice

## Preparation:

Prepare the rice according to the instructions on the package. Beat the eggs in a bowl and season with the soy sauce and pepper. Heat 1 tablespoon of oil in a non-stick frying pan and pour half of the egg mixture into the pan. Bake an omelet in 3 minutes. Turn halfway. Bake another one. Keep warm on a plate under a lid. Meanwhile, peel the ginger and finely chop. Heat the rest of the oil in a wok, add the ginger and stir-fry for 1 minute. Add the stir-fry mix and stir-fry for 5 minutes. Mix in the wok sauce and shrimps and stir-fry for another 3 minutes. Season with pepper and possibly salt. Divide the vegetables over the center of the omelet's, roll up and cut diagonally. Serve with the rice.

# OMELET WITH SHRIMPS AND VEGETABLES IN SWEET SOUR SAUCE

---

Nutritional value per person:

Energy:	528 kcal
Protein:	26.6 grams
Carbohydrates:	55.4 grams
- including sugars:	5.3 grams
Fat:	20.0 grams
Fiber:	5.0 grams
Salt:	2.8 grams