

ASIAN SHRIMP OMELETTE WITH RICE

2 persons / 463 kcal per person

Ingredients:

3 medium eggs
1½ tablespoon of sweet chili sauce
1 tablespoon of sesame oil
200 grams of Chinese stir-fry mix
200 grams of wok shrimp with garlic
1 tablespoon of spring onion
½ tablespoon of sesame seeds
1 bag of basmati rice (75 grams)
pepper and salt



Preparation:

Beat the eggs with the chili sauce, pepper and salt if necessary. Heat ½ tablespoon of sesame oil in a frying pan, add the egg mixture and stir. Put the lid on the pan and fry the omelet on low heat for 5 minutes. Remove the omelet from the heat and let it stand until use. Meanwhile, put 1 bag of rice in a pan with plenty of boiling water and let the rice cook for 10 minutes. Carefully remove the sachet from the water and let it drain for a while. The rice does not have to flow, but is immediately ready to serve. Meanwhile, heat ½ tablespoon of oil in a wok and fry the stir-fry mix for 5 minutes on medium heat. Toss regularly. Mix it with the sesame seeds and remove from the wok. Put the shrimps in the same wok and fry for 2 minutes on high heat. Meanwhile cut the spring onions into thin rings. Cut the omelet in half. Divide the stir-fry mix and shrimp on top and garnish with the spring onion. Serve with the rice.

Nutritional value per person:

Energy:	463 kcal
Protein:	32.7 grams
Carbohydrates:	38.4 grams
- including sugars:	7.2 grams
Fat:	19.0 grams
Fiber:	3.8 grams
Salt:	2.0 grams