

CHINESE OMELETTE

From our garden: garlic chives, parsley, spring onion, eggs

NOTES TO STUDENTS and VOLUNTEER:

1. Work as a group to make this recipe. This recipe makes 2 omelettes.
2. Check each egg for freshness.
3. Please chop the herbs very finely.
4. You need to make 1 omelette for each table.

EQUIPMENT

Small bowl
Large mixing bowl
Whisk
Measuring jug
Measuring spoons
Chopping board
Large knife
Electric frying pan
Egg slide (Egg flip)

INGREDIENTS

12 eggs
1 cup cold water
½ teaspoon Chinese five spice
Salt and freshly ground black pepper
2 tablespoons vegetable oil
Bunch garlic chives
Bunch parsley
2 spring onions

WHAT TO DO

- Crack each egg into a small bowl (check for freshness) and then add to the large mixing bowl.
- Add the water to the eggs. Whisk the eggs and water until combined. Add the Chinese five spice. Season with salt and freshly ground pepper. Whisk to combine.
- Wash the garlic chives. Using scissors finely cut into small pieces.
- Wash the parsley and finely chop.
- Wash the spring onions, trim the ends and finely slice. Set some of the spring onion tops aside for a garnish.
- Heat the electric fry pan to a medium-high heat.
- Add half the vegetable oil and swirl to coat. Add half the spring onions, garlic chives and parsley. Stir with a wooden spoon and cook for 1 minute.
- Add half the egg mixture into the fry pan. Use the egg slide to gently push the egg during the cooking process to ensure all the egg is cooked.
- Once cooked, fold in half and serve onto a platter.
- Garnish with the spring onion tops.
- Repeat the process to make the second omelette.
- Repeat the recipe to make 4 omelettes for today.