



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...
DAVE'S RECIPE BOX

ASIAN STYLE MIXED MUSHROOM AND CHOY SUM OMELETTE



PREP
10 min



COOK
20 min



SERVES
4

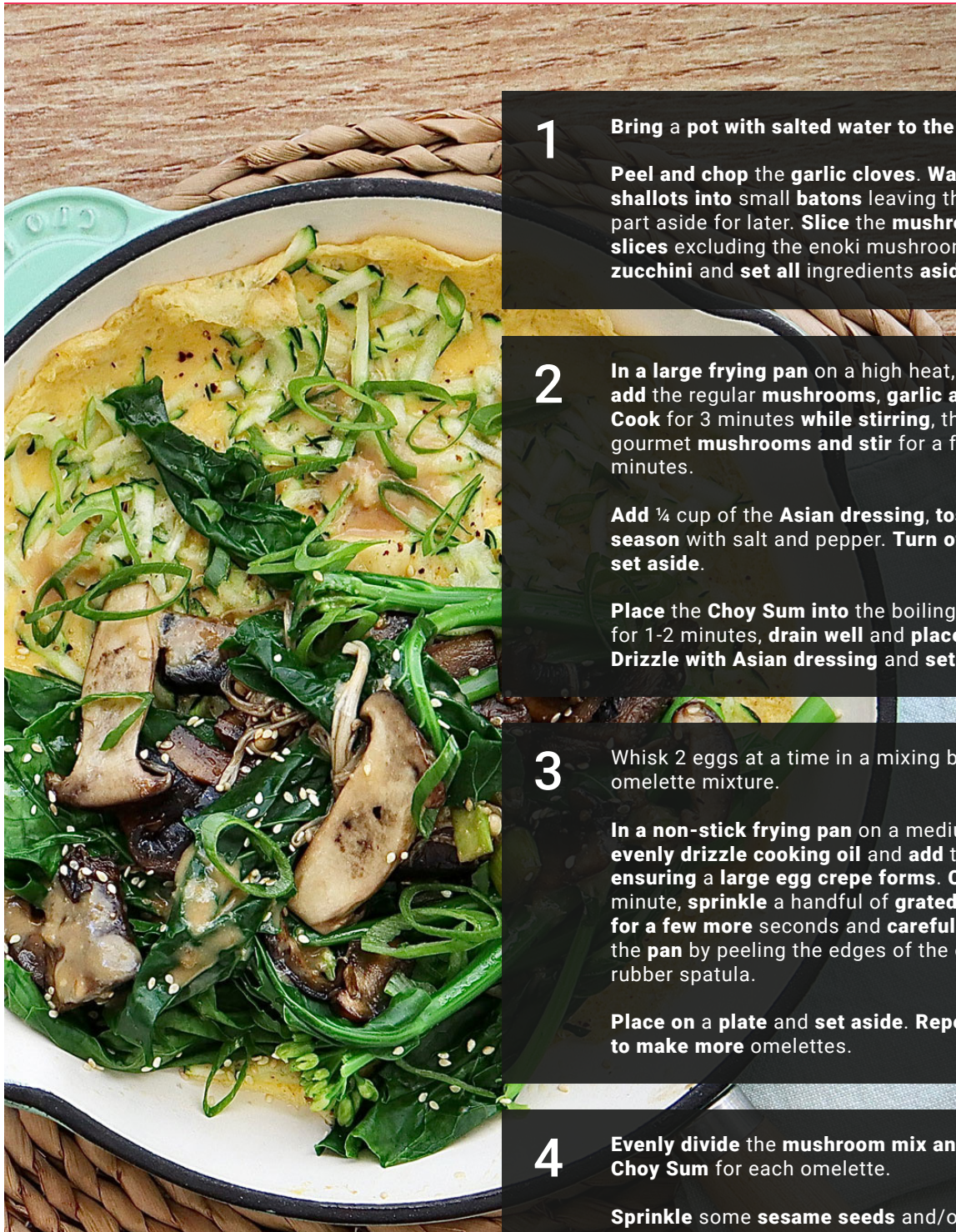
INGREDIENTS:

- > 8 Eggs
- > 2 Zucchini
- > ½ Cup Asian Dressing
- > 375g Mushrooms
- > 150g Gourmet Mixed Mushrooms
- > 2 Garlic Cloves
- > ½ Shallots Bunch
- > 1 Choy Sum Bunch

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Cooking Oil
- > Chilli Flakes (Optional)
- > Sesame Seeds (Optional)

METHOD – GET COOKING!



1 Bring a pot with salted water to the boil.

Peel and chop the **garlic cloves**. Wash and cut the **shallots into small batons** leaving the green top part aside for later. **Slice the mushroom into 1cm slices** excluding the enoki mushrooms, **grate the zucchini** and **set all ingredients aside**.

2 In a large frying pan on a high heat, **drizzle oil** and **add the regular mushrooms, garlic and shallots**. **Cook for 3 minutes while stirring**, then **add the gourmet mushrooms and stir** for a further 2 minutes.

Add ¼ cup of the Asian dressing, toss well and season with salt and pepper. **Turn off the heat and set aside**.

Place the Choy Sum into the boiling water and cook for 1-2 minutes, **drain well and place on a plate**. **Drizzle with Asian dressing and set aside**.

3 Whisk 2 eggs at a time in a mixing bowl for each omelette mixture.

In a **non-stick frying pan** on a medium high heat, **evenly drizzle cooking oil** and **add the mixture ensuring a large egg crepe forms**. **Cook for ½ a minute, sprinkle a handful of grated zucchini, cook for a few more seconds and carefully remove from the pan** by peeling the edges of the omelette with a rubber spatula.

Place on a plate and set aside. Repeat this process **to make more omelettes**.

4 **Evenly divide the mushroom mix and the blanched Choy Sum** for each omelette.

Sprinkle some sesame seeds and/or chilli flakes if you desire. **Season** with salt, pepper and **garnish with the reserved green shallots**.

CHEF'S TIPS FOR COOKING AND LEFTOVERS...

- Use leftover dressing on an Asian style salad or on grilled fish.
- Pour the egg mixture into the pan using the handle to move the egg around allowing it to cover the whole surface area of the pan forming a crepe like shape.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

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online@harrisfarm.com.au