

Omurice

(Japanese Omelette and Rice)

Season: Any

Type: Japanese Main Dish

Difficulty: 

Serves: 6

Fresh from the garden: Capsicum, spring onion

Equipment:	Ingredients:
Knives	4 cups steamed Japanese rice
Chopping boards and mats	1 green capsicum
Wooden spoon	4 white mushrooms
Non Stick Frying pan	1 spring onion
Measuring spoons	salt and pepper to season
Small bowl	4 Tbsp Tomato Sauce
Whisk	vegetable oil for frying
plate	8 eggs

Method:

- Dice the capsicum.
- Dice the mushrooms.
- Slice the spring onion.
- Heat a small amount of oil in the frying pan.
- Add the capsicum, mushrooms and spring onion.
- Sauté until soft.
- Add the rice and stir well to combine
- Turn off the heat.
- Add the tomato sauce, salt and pepper.
- Remove from the pan.
- Wipe or wash out the pan. (or use another clean one)
- Beat 2 eggs in a small bowl.
- Heat frying pan.
- Add egg and turn frying pan so that the egg covers the base of the pan.
- Cook until just set.
- Add ¼ of the rice mix on the centre of the omelette.
- Fold the top, bottom and sides of the omelette over the rice.
- Carefully remove the omelette from the pan. (it may be easier to place a plate over the pan and tip the pan over so the omelette 'drops' onto the plate).
- Repeat with remaining egg and rice.
- Serve.

NOTE: Cooked, shredded chicken could be added to the filling.