

DINNERLY



Reduced-Carb Asian Pork Omelette with Sesame Slaw and Spring Onion

 25 minutes  2 Servings

Can we have a 'yay' from the crowd for filling proteins, seasonal veggies and good, healthy fats? Our reduced-carb recipes feature all that, and contain less than 30 grams of carbohydrates per serve!

WHAT WE SEND

- 1 spring onion
- 200g cabbage
- 1 carrot
- lean pork mince
- 10g Balinese seasoning ^{3,4}
- 40g Japanese dressing ^{2,3}

WHAT YOU NEED

- 1½ tbs vegetable oil
- 2 tsp soy sauce ³
- 2 eggs ¹
- 1 tbs mayonnaise ¹

TOOLS

- mandoline (optional)
- julienne peeler or box grater
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Egg (1), Sesame (2), Soy (3), Sulphites (4).
May contain traces of other allergens.

NUTRITION PER SERVING

Energy 650kcal, Fat 49.3g, Carbs 12.0g,
Protein 38.1g



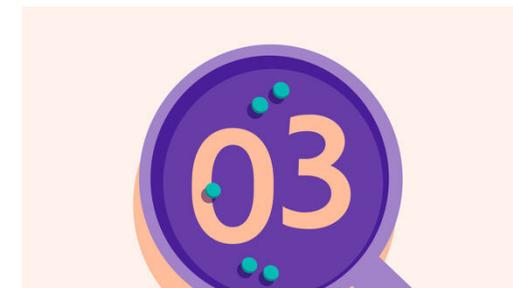
1. Prep ingredients

Thinly slice the **spring onion** on an angle. Thinly slice the **cabbage** with a sharp knife or mandoline. Shred the **carrot** using a julienne peeler or coarsely grate with a box grater (or cut into thin matchsticks).



2. Cook pork mince

Heat **2 tsp vegetable oil** in a medium frypan over high heat. Cook the **pork mince**, breaking up the lumps with a spoon, for 3-4 mins until browned. Stir in the **Balinese seasoning** and **1 tsp soy sauce** and season with **salt and pepper**. Remove from the pan and wipe the pan clean.



3. Cook omelette

Whisk **2 eggs** in a bowl and season with **salt and pepper**. Heat **1 tbs vegetable oil** in the same pan over medium-high heat. Add the **egg mixture** and swirl to coat the base of the pan. Cook for 1 min or until just set, then carefully slide the **omelette** onto a board.



4. Toss slaw

Combine the **cabbage, carrot** and **Japanese dressing** in a bowl and season with **salt and pepper**.



5. Serve up

Halve the **omelette** and divide among plates. Top with the **pork** and **slaw**, drizzle with the **mayonnaise** and scatter with the **spring onion**. Enjoy!



6. Kitchen 101

If your mayonnaise is too thick to drizzle, simply stir in 1 tsp water to make a thinner consistency.