

# Asian Style Pork & Prawn Omelettes

Well this was supposed to be a light meal and it would be if you halved it.

Once again my lack of portion control got the better of me and I just had to eat this delicious, fragrant and healthy bundle of Asian delight all to myself! So, I have taken the liberty of adapting my original recipe into four and I will let you choose just how much you want to eat!

Prep time: 20 Minutes

Cooking time: 20 Minutes

\$ Low Budget

Serves 4

500gm of pork mince

250gm of green prawn meat, roughly chopped

2cm piece of ginger, grated

1 garlic clove, finely chopped

1 stalk of lemon grass (white part only), finely chopped

1 long red chilli, finely sliced (seeds removed if you like less heat)

2 tbs of hoi sin sauce

1 tbs of fish sauce

1 tbs of soy sauce

Juice of 1/2 a lime

2 spring onions

6 eggs

2 tbs of coconut milk

Peanut oil for frying

For the Salad:

1 cup of coriander leaves

1 cup of mint leaves

1/2 cup of vietnamese mint leaves (optional)

2 spring onions, finely sliced (I like dividing them into 5cm batons and then slicing top to bottom)

1 cup of bean sprouts

2 kaffir lime leaves, centre stalk removed and very finely sliced

1 long red chilli, seeds removed and sliced into thin strips

2 tbs of olive oil

2 tbs of fish sauce

1 tbs of soy sauce

1 tbs of castor sugar

Juice of 1 lime

Crushed roasted peanuts and lime wedges to serve

Heat a large heavy based frypan and add a little peanut oil (olive oil is fine too). Lightly fry the ginger, garlic, lemon grass and chilli until fragrant, approximately 1-2 minutes before adding the pork mince. Break the mince up with a wooden spoon and increase the heat of the pan if it looks a little watery. When the mince is browned add the prawn meat and fry for a further 2-3 minutes. Add the hoi sin sauce, fish sauce, soy and lime juice and continue to fry until the liquid has reduced and you have a fairly dry mixture. Remove from the heat and cover with a lid to keep warm.

In a medium sized bowl place the coriander, mint, vietnamese mint, spring onion, chilli, lime leaves and bean shoots. Combine the olive oil, fish sauce, soy sauce, caster sugar and lime juice in small jar or bowl and mix well until the sugar has dissolved. Pour the dressing over the salad leaves and mix gently with your fingers. You may not need all the dressing so you can keep some for next time!

Break the eggs into a medium sized mixing bowl and add the coconut milk and spring onion and whisk well to combine. Heat a 20cm non-stick frypan and add a little more oil, just to lightly coat the base of the pan. Ladle a spoonful of the egg mixture into the pan and swirl it around so the whole base has an approximate 3mm thick coating of the egg. Wait until the mixture is cooked right through and then slide the omelette onto a plate lined with baking paper. Continue with the remaining omelette mixture and place a piece of baking paper between each one. This will prevent them sticking together.

To serve, flip each omelette onto a plate and divide the pork mixture in the centre of each omelette. Gently fold the edges over to make a nice crepe like shape and top with a generous pile of the salad. Sprinkle over some chopped peanuts and serve.