

Omelet

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オムレツ

## ● Ingredients (servings 2)

½ lb. Ground Chicken

1 Carrot

1 small Onion

4 oz. Baby Bella Mushroom

4 Eggs (total)

¼ tsp. of Salt

⅛ tsp. of Black Pepper

2 Tbsp. of Vegetable Oil (total)



## ● Prepare Filling



Chop a small peeled onion and heat 1 Tbsp. of vegetable oil in a pan over medium heat.

Sauté the chopped onion in the pan.

During that, mince a peeled carrot and 4 oz. of washed babe belle mushrooms.

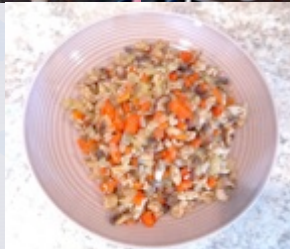
When the onion turns clear color, add the minced carrot and mushroom to the pan and stir.



When all the vegetables are coated with the oil, add  $\frac{1}{2}$  lb. of ground chicken and cook well over medium heat for about 12 minutes.



Season with  $\frac{1}{4}$  tsp. of salt and  $\frac{1}{8}$  tsp. of black pepper halfway.



When the meat turns totally brown in color, transfer to a plate and set aside.



To use the same pan, wipe the surface with a kitchen towel.



## ● Cook Egg



Beat 2 eggs (serves one person).



Heat 1 Tbsp. of vegetable oil in the pan over medium-low heat and pour in the beaten egg.



When bubbles appear on the surface of the egg and the color turns dark-yellow, place half of the filling across the center of the egg.

## ● Wrap



Fold the upper  $\frac{1}{3}$  edge of the egg to the center.

And then fold the omelet in half to front side carefully with a spatula.

Drizzle with some ketchup to taste.

