



2

Servings

10_{min}

Prep Time

40_{min}

Cook Time

50_{min}

Total Time

Chinese Pork Omelette

Ingredients

Marinade

- 2 tbsp Sukrin Syrup Gold
- 1 tbsp Chinese Cooking Wine
- 1 tbsp Tamari
- ½ tbsp boiling water
- 2 cloves garlic, diced
- 1 tsp sesame oil
- ½ tsp Chinese Five Spice
- ¼ tsp xanthan gum

The Filling

- 1 tbsp extra virgin olive oil
- 300g lean pork fillet
- ½ red capsicum, thinly sliced
- 2 mushrooms, thinly sliced
- 3 spring onions, sliced thinly
- 60g bean shoots

The Omelette

- 4 large eggs
- 1 tbsp cream or non-dairy milk of your choice
- 2 tbsp butter
- salt & pepper

Macros Per Serve

Calories - 571 | Fat – 36.8g

Net Carbs – 3.6g | Protein – 48.7g

Method

- 1 Combine the marinade ingredients in a container and place the pork in it (you can cut the pork if you need to to make it fit). Marinate for at least 30 mins, or overnight if you can.
- 2 Preheat the oven to 180° and line a tray with baking paper.
- 3 Place the pork on the baking tray (keeping the marinade for later) and place in the oven for 20 minutes.
- 4 While the pork is cooking, prepare the vegetables and whisk the omelette ingredients together.
- 5 When the 20 minutes are up, remove the pork from the oven and leave it to rest for 5 minutes. Then slice thinly.
- 6 Heat oil in a medium fry pan over high heat.
- 7 Add pork and vegetables (leaving a few spring onions to garnish) and drizzle over the remaining marinade. Toss and cook for 3-5 mins until the pork is cooked through.
- 8 While the vegetables and pork are cooking, melt 1 tbsp butter in an omelette pan over medium-high heat, and once melted, add half of the egg mix and ensure the base of the frypan is evenly covered. Place a lid on the pan for 2 mins.
- 9 Remove the lid and put half of the pork & vegetable mix onto one half of the omelette. Gently fold over the other half of the omelette so it looks like a sandwich. Cover for another 2 mins or until the egg is cooked.
- 10 Gently move omelette to a plate and repeat with the remaining ingredients.
- 11 Enjoy hot.