

## Vegetable Omelette

This delicious vegetarian omelette is stuffed with bean sprout, carrot and ginger.

### Ingredients:

3 ounces green beans, de-veined and shredded  
3 ounces carrot, skinned and shredded  
1 ounce beansprouts, root-ends removed  
3 eggs, beaten  
2 sliced old ginger  
1 clove garlic, sliced  
1 shallot, sliced  
2 tablespoon oil

### Seasoning:

1 teaspoon sea salt  
1 teaspoon sugar  
1/2 teaspoon light soy sauce or Bragg's amino acids or tamari sauce

### Instructions:

1. Heat 2 tablespoon of oil in a wok. When the oil is smoking hot, add the ginger, garlic and shallot and fry till fragrant.
2. Include the shredded carrot and green beans and fry for 3 minutes, then add the beansprouts and seasoning and fry well for 2 minutes.
3. Bring to a high heat and pour in the beaten eggs, stirring all the time to scramble the eggs. If more oil is needed, it should gradually added during the stirring process.
4. After 30 seconds, bring the heat to low and keep stirring. The dish is ready when the eggs coagulate but have a smooth texture. Dish out and serve immediately.

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