

THAI CUISINE

Thai omlette with stuffing - Kai Yad Sai

Ingredientes: 2 Persons

3 tbsp vegetable oil
150 g lean minced pork meat
6 cherry tomatos cut in cuaters
1 onion finely diced
5 cloves of garlic finely chopped

6 p spring onions cut in thin rings
3 p spring onions
2 EL Cilantro roughly chopped
125 g soy sprouts roughly chopped
1 p red hot chilli peppers chopped
1 tbsp fish sauce
1-2 tbsp oyster sauce
For the garnish:
1 tsp palm sugar
black pepper
some lime juice
4 eggs
2 tbsp fish sauce



2 tbsp fresh cilantro
1 p red hot chili pepper, cut in stripes

Preparation:

Heat up a Wok with some oil and roast the garlic, the onion and the chopped chilli peppers. Add the minced meat and divide with the spoon well. Roast for 5 minutes until it's lightly brown. Season to taste with fish sauce, oyster sauce, palm sugar, pepper and lime juice. Add the spring onions, tomatos and sprouts and simmer for another 2 minutes. Turn off the heat and sprinkle the cilantro. Put to the side.

Whisk the eggs for omelets, without foaming them. Season with fish sauce.

Heat 1 tablespoon of oil in a large nonstick pan and pour half of the egg mixture into it. Turn down the temperature to medium heat and let the eggs get slowly solid. When the omelet on its surface is still liquid, give half of the minced meat mixture in the center and fold in the omelet. Keep warm on a plate. Repeat with the second half of the whisk egg to get another omlette of the same size.

Garnish with coriander and chili and serve with jasmine rice.