

OMLETTE CHICKEN SALAD WRAP

Gluten Free, Dairy Free, Low Chemical

Serves 2

Ingredients:

3 eggs
1 Tblsp chopped fresh parsley
100g chicken (breast or tenders)
1 stalk shallot
¼ choko
¾ cup mung bean shoots
¼ cup Canola oil or more
Salt to taste



Method:

- Slice the chicken into short strips
- Slice the choko into thin strips
- Add some oil to a fry pan and cook both the chicken and choko until done, remove from heat to use later
- Finely chop the shallot
- Whisk the eggs, salt and parsley in a bowl
- Add ¼ cup of oil to the fry pan (after the chicken comes out), when it starts to shimmer and is very hot, carefully add the egg mixture
- Use a wooden spoon to loosen the edges around the egg mixture and spread it to make it circular
- Cook about 3 minutes. It should be browning close to the pan and almost set inside
- Spread the bean shoots, shallot, choko and chicken down the middle of the omelette
- Fold each side across the filling
- Take from the heat and let it sit for 1 minute before cutting or plating the wrap

Serve