

# Korean Style Veggie Omelette

## with Kimchi and Gochujang Mayo

hellóchef

This one ticks all the boxes: it's low-carb, veggie, filling and tasty!

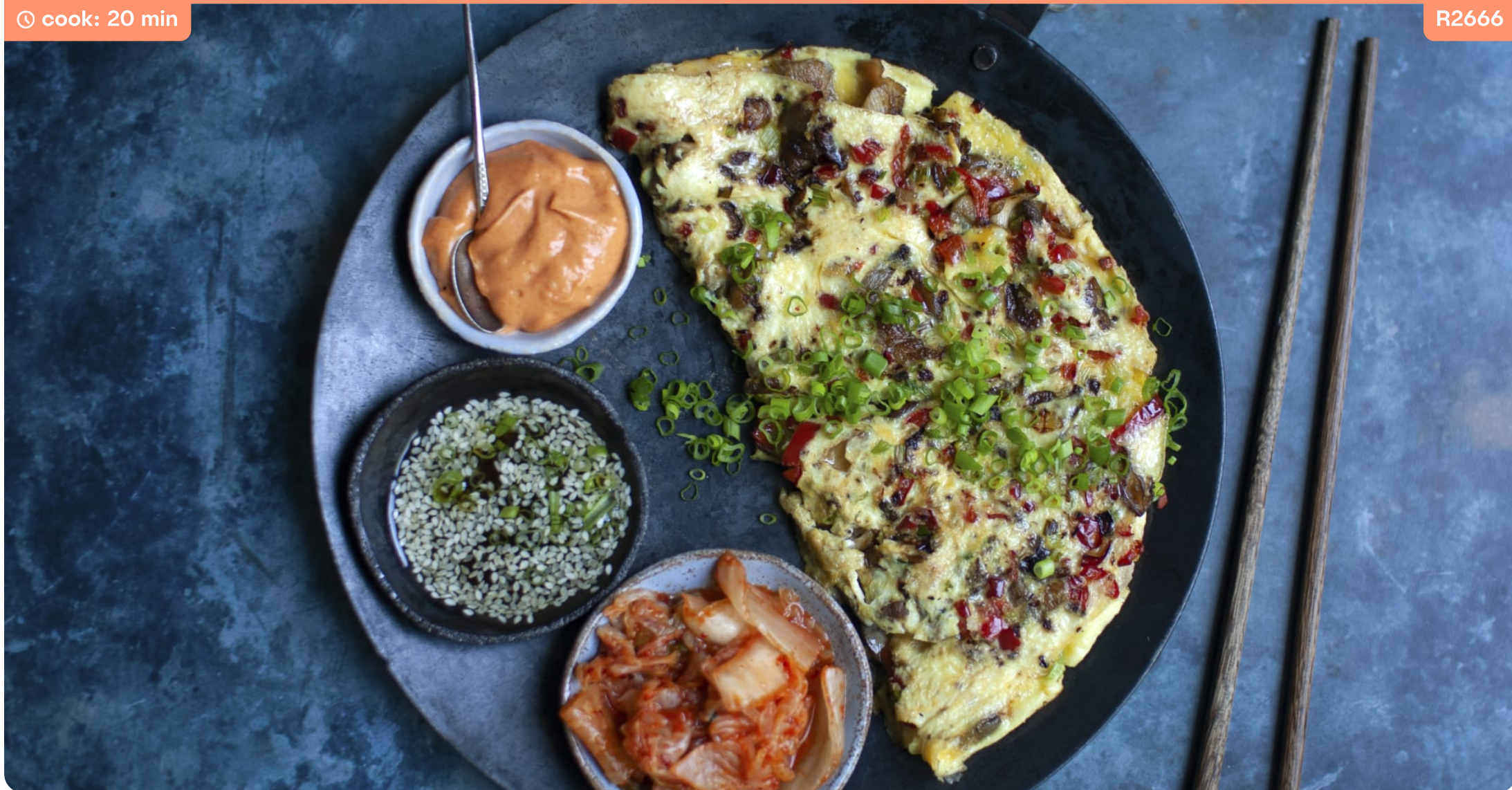
Cals 572 • Prot 28 • Carbs 16 • Fat 45

Vegetarian

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🕒 cook: 20 min

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

For omelette	2 ppl	3 ppl	4 ppl	
Organic Eggs <b>5*</b>	6	9	10	Pieces
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	0.5	Tsp
Red pepper	1	1	2	Pieces
Oyster mushrooms	150	225	300	Grams
Spring onion	50	75	100	Grams
Vegetable oil	2	3	4	Tbsp
Gochujang mayonnaise				
Garlic cloves	1	1	1	Pieces
Mayonnaise <b>5*, 9*, 13*</b>	50	75	100	Grams
Gochujang <b>9*</b>	10	15	20	Grams
Salt	0.5	0.5	0.5	Tsp
Sesame dip				
Rice vinegar	15	22	30	ML
Soy sauce <b>9*, 10*, 11*</b>	10	20	20	ML
Vegetable oil	1	1	2	Tbsp
Sesame oil <b>3*, 9*</b>	15	22	30	ML
Honey	20	20	40	Grams
Lime	1	2	2	Pieces
Sesame seeds <b>3*</b>	10	15	20	Grams
Salt	0.5	0.5	0.5	Tsp
To serve				
Kimchi <b>6*, 7*</b>	150	200	300	Grams

Allergens

**\*5 Eggs, \*9 Soya, \*13 Mustard, \*10 Wheat, \*11 Gluten, \*3 Sesame Seeds, \*6 Fish, \*7 Crustaceans**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.**

Nutritional information	Per Serving*
Energy (kJ/kcal)	2396 / 572
Fat (g)	45.1
of which saturates (g)	10.5
Carbohydrate (g)	16
of which sugars (g)	6.6
Fiber (g)	4.9
Protein (g)	28.3
Salt (g)	2.9

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Make mayo

Peel and crush the **garlic**. In small bowl, combine the **mayonnaise, gochujang** paste, crushed **garlic** (not a fan of raw **garlic**? Go easy!) and a pinch of **salt**. Mix well and set aside. This is your **gochujang mayonnaise**.



2 Make dip

In another small bowl, combine the **rice vinegar, soy sauce, vegetable oil, sesame oil, honey**, [0.75/1/1.5] Tbsp of **lime juice, sesame seeds** and a pinch of **salt**. Mix well and set aside. This is your **sesame dip**.



3 Prep ingredients

Crack the **eggs** into a bowl. Add [2/3/4] Tbsp of water and whisk. Season with **salt** and **pepper**. Chop the bell **pepper** into very small cubes. Slice the **oyster mushrooms** and **spring onion** finely.



4 Fry vegetables

Heat a non-stick pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the **red pepper** and the **oyster mushrooms**. Fry for 7-8 min or until any excess moisture has evaporated. Add the **spring onion** (reserve some for garnish!) and cook for 1 min further.



5 Fry omelettes

Transfer the **vegetable** mixture from the pan to a plate. Return 1/2 or 1/3 or 1/4 (depending on how many you are cooking for) to the pan. Reduce the heat to low. Add 1/2 or 1/3 or 1/4 of the whisked **eggs** to pan. Stir the **eggs** briefly to start, then allow them to set. Once set, fold the omelette in on itself, transfer it to a plate and cover to keep warm. Repeat with the remaining ingredients.



6 Serve

Divide the omelettes among plates. Garnish them with the reserved **spring onion**. Serve the **kimchi**, the **gochujang mayonnaise** and the **sesame dip** to the side.