Season: All year
Type: Vegetable/Bread
Difficulty: Medium
Serves: 4 or 16 tastes

Fresh from the garden: eggs, shallots, garlic, chilli, ginger, snow peas, carrot, broccoli, pak choy

Recipe source: www.taste.com (Super food ideas)

Equipment:
- Knives
- Chopping board
- Vegetable peeler
- Bowls
- Garlic crush
- Colander
- Whisk
- Wok
- Wooden spoon
- Non-stick frypan
- Egg flip
- Spoon measures

Ingredients:
- 100g dried rice vermicelli noodles
- 8 eggs
- 2 shallots, finely chopped
- 1 1/2 tablespoons vegetable oil
- 2 garlic cloves, crushed
- 1 chilli, finely chopped
- 2cm piece fresh ginger, peeled, finely grated
- 2 cups mixed chopped asian style vegetables (snow peas, broccoli, pak choy, carrots etc)
- 1 tablespoon oyster sauce
- 2 teaspoons sesame oil
- 1 tablespoon soy sauce

What to do:
- Prepare all vegetables as stated above
- Place noodles in a heatproof bowl. Cover with boiling water. Stand for 4 to 5 minutes or until tender. Drain
- Whisk eggs and shallots in a bowl.
- Heat 2 teaspoons vegetable oil in a wok over high heat. Swirl to coat
- Add garlic and ginger. Stir-fry for 1 minute.
- Add carrots, broccoli, snow peas and stir fry for 5 minutes
- Add oyster sauce and sesame oil
- Transfer to a bowl.
- Add noodles and Pak choy
- Toss to combine
- Heat 1 teaspoon remaining vegetable oil in a 20cm non-stick frying pan over medium heat.
- Add one-quarter of the egg mixture. Swirl to coat
- Cook for 30 seconds or until just set
- Top 1 half of omelette with one-quarter of the vegetable mixture
- Cook for 1 minute or until egg has set.
- Fold over to enclose filling
- Slide onto a plate. Cover to keep warm.
- Repeat to make 3 more omelettes
- Serve drizzled with Soy sauce