



ENTERPRISE
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THE
RED HOUSE

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Thai Style Omelette with
Pork and Prawns



OUR MONTHLY RECIPES ARE CREATED BY OUR HEAD CHEF, MARK, EXCLUSIVELY FOR OWNERS AT THE RED HOUSE DINING IN THE FOUNTAINS RESTAURANT.

We hope you enjoy making these dishes at home. Please contact us if you would like to receive the complete series, and to find out more about our vibrant retirement village.

Thai Style Omelette with Pork and Prawns

SERVES 2

Ingredients

- 4 large eggs
- 1 lime: 1 tsp juice, the remaining cut into wedges
- 2 tsp nam pla (fish sauce)
- 2 tbsp sunflower oil
- 100g king prawns (shelled)
- 50g minced pork
- 1 garlic clove, crushed
- 15g root ginger, grated
- 2 tsp light soy sauce
- 1 tsp sesame oil
- 1-2 tbsp sriracha (hot chilli sauce)
- 1 tsp clear honey
- 3 spring onions, trimmed
- Small handful of coriander
- 1 ripe avocado

Method

1. Whisk the eggs together with the minced pork, lime juice and fish sauce, then season with black pepper.

2. Heat a splash of oil in a non-stick frying pan, then briefly sauté the garlic and ginger, tip in the prawns, the soy sauce, sesame oil and honey then continue cooking until the prawns are cooked through. Set the prawns aside, then wipe out the pan.
3. Using the same pan, add another splash of oil until it shimmers, then tip in the egg mixture. It should begin to soufflé, then continue swirling and gently shaking the pan, cooking the omelette for a minute or two until almost set, then scatter over the cooked prawns.
4. Place a plate on the omelette, then flip it upside down, returning it to the pan for a further minute to ensure it is cooked throughout and golden.
5. Flip the omelette once more on to a warmed plate, then garnish with thinly sliced spring onions, coriander leaves and sliced avocado.

Serve the omelette with the sriracha chilli sauce on top, with the lime wedges and a little squeezed lime juice.