

Chicken Omelette

Preparation Time: 30 minutes

Yield: 2 servings

Ingredients	Amount
Egg, beaten	1 whole
Egg white	1
Chicken breast	60 g
Lettuce, thinly sliced	1 leaf
Garlic, chopped	2 cloves
Shallots, chopped	5 whole
Cooking oil (e.g. canola oil, sunflower oil)	1 tablespoon
Seasonings	
Oyster sauce	½ teaspoon
Low Sodium light soy sauce (HCS)	½ teaspoon
Five spice powder	⅛ teaspoon
White pepper	⅛ teaspoon

STEPS:

1. Pound the chicken and slice them into strips.
2. Then, add in all seasonings to coat evenly, and marinate for 10 minutes.
3. Cut the lettuce into thin strips and set aside.
4. Heat up cooking oil in frying pan. Pour the eggs into pan to make omelette. Set it aside.
5. Stir fry garlic and shallots until fragrant. Then, add chicken in and pan fry until golden brown.
6. Place the chicken on top of egg omelette and scatter the lettuce.
7. Roll the omelette to wrap the chicken, and it's now ready to serve.

HEALTHY TIPS!

- ✓ Chicken and eggs are good source of protein, which can help to prevent muscle breakdown and maintain immunity.
- ✓ You are suggested to use low sodium soy sauce or with label of "Healthier Choice Symbol" (HCS), as it reduces 43% of sodium content compared to regular soy sauce.

COOKING TIPS!

- ✓ Pounding of chicken help to increase tendency to absorb seasoning as well as improve the tenderness.

Nutrition content per serving: Energy= 173kcal

Carbohydrate: 7g	Protein: 12g	Total fat: 11g
Sodium: 184mg	Potassium: 275mg	Phosphate: 135mg

Recipe courtesy of Madam Widya Tania

鸡肉蛋卷

烹煮时间：30 分钟

份量：2 人份

材料	份量
鸡蛋	1 粒
蛋白	1
鸡胸肉	60 克
生菜，切丝	1 片
蒜头，剁碎	2 瓣
小葱头，剁碎	5 颗
食用油（如：芥花油、葵花油）	1 汤匙
调味料	
蚝油	½ 茶匙
低钠酱青	½ 茶匙
五香粉	⅛ 茶匙
白胡椒粉	⅛ 茶匙

烹调步骤：

1. 用刀背拍打鸡胸肉片，然后切成宽大的条状。
2. 把调味料倒入鸡肉中混合均匀，腌制10分钟。
3. 把生菜切丝，搁置备用。
4. 起锅热油，倒入蛋液，让蛋液均匀铺满锅中，并将其煎成蛋皮。搁置备用。
5. 爆香蒜头和小葱头。然后，加入鸡肉翻炒至呈金黄色。
6. 把鸡肉放在已起锅的蛋皮上，再加上一些生菜。
7. 将蛋皮紧密的卷起成条状，确保鸡肉和生菜都被包在蛋卷里即可。美味的鸡肉蛋卷就完成了。

健康小贴士：

- ✓ 鸡肉和鸡蛋是蛋白质的来源。摄取足够的蛋白质可帮助预防肌肉流失及维持免疫系统的健康。
- ✓ 建议您使用低钠酱青，因为它的钠含量比普通酱青少于43%。

烹煮小贴士：

- ✓ 用刀背拍打鸡肉能将肉筋拍散，这不但使鸡肉在腌制时更容易入味，而却还能提升鸡肉的口感。

营养含量（一人份）：热量=173卡路里

碳水化合物： 7克	蛋白质： 12克	脂肪： 11克
钠： 184毫克	钾： 275毫克	磷： 135毫克

感谢 Madam Widya Tania 提供此食谱