

Crab Omelet Recipe

Ingredients:

4 eggs
1/2 teaspoon salt
1/4 teaspoon black pepper
125 g crab meat, fresh, frozen or canned
2 scallions, chopped
1 teaspoon fish sauce
1 fresh red chili, sliced, optional
Oil for frying

Method:

Beat eggs slightly and season with salt and pepper. Pick over crabmeat and discard any bits of bony tissue. Heat 1 tablespoon oil in a frying pan and sauté the scallions and chili for 1 minute, add crab and continue to fry for a further minute or two. Sprinkle fish sauce over. Remove mixture to a small plate and allow to cool. Heat a teaspoonful of oil in the frying pan, pour in beaten eggs and cook, drawing egg mixture in from sides of pan, until set on the bottom, creamy on top. Spoon crab mixture down centre of omelet and fold in half. Serve on a warm plate.

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