



INGREDIENTS

Chicken rice

- ¼ pound chicken thighs (diced)
- ½ clove garlic (finely chopped)
- ¼ onion (finely chopped)
- 2 tbsp bell peppers (finely chopped)
- 1 mushroom (finely chopped)
- ½ pound cooked rice
- 1 tbsp oil
- 2 tbsp ketchup
- 1 pinch salt
- 1 pinch pepper

Egg mixture

- 4 eggs
- 2 tbsp milk
- 4 tsp cream
- 1 pinch salt
- 1 pinch white pepper
- 1 tsp butter (about 1 slice)

TOPPINGS & SIDES

- Ketchup
- Boiled vegetables
- Salad

DIRECTIONS

1. Finely chop the garlic, onion, bell peppers, and mushroom separately and set aside. Dice the chicken.
2. Heat the pan and add the oil and chopped garlic cloves, stirring until golden brown.
3. Add the diced chicken to the pan and sauté until no longer pink.
4. Add the finely chopped onion to the pan and sauté until cooked.
5. Add the bell peppers and mushroom and mix well.
6. Lightly season the ingredients with a pinch of salt and pepper, mix and sauté until cooked.
7. Add the cooked rice to the pan and sauté (until the rice loses its sticky texture).
8. Add the ketchup and mix until it evenly coats the ingredients then remove the pan from the heat.
9. Prepare the egg mixture by beating the eggs, milk, cream, salt and pepper.
10. Heat the pan and coat it with the butter.
11. Fry the egg mixture.
12. Before the egg is fully cooked, add the chicken rice to the middle of the cooking omelet. Fold both sides of the omelet around the chicken rice, shaping it using the edges of the pan.
13. Flip the omelet wrapped chicken rice onto a plate. Season with the ketchup.

TIPS!

- While frying the egg, mix from the outside edge of the pan to the center using a scrambling motion.
- Adding milk and cream to the egg mixture will makes the omelet fluffy.
- Substitute frozen mixed vegetables instead for an easier option.

