

Wok of Chinese cabbage, mushrooms and zucchini, Japanese omelet, sesame |

Recipe for 4 servings

Description

A quick and tasty vegetable stir-fry and a fine omelette with toasted sesame oil and mirin.

Note

Be sure to preheat the wok before adding the vegetables. It's best to wait until the oil has reached the smoking point.

Ingredients

Vegetables

- 200 Gr Chinese cabbage
- 200 Gr Zucchini
- 125 Gr Shimeji mushrooms
- 150 Gr Onion
- 1 Tbsp Roasted sesame oil
- 2 Tbsp Soy sauce

Omelette

- 2 Unit(s) Egg
- 1 Tbsp Mirin
- 1 Tbsp Roasted sesame oil

Topping

- 2 Tbsp Sesame seeds
- 2 Unit(s) Green onion

Preparation

- Preparation time **30 mins**

Setting up

Cut the zucchini into macedonies.

Remove the base of the mushrooms and separate them.

Thinly slice the onion and slice the green onion.

Thinly slice the cabbage.

Omelette

Break and mix the eggs with the mirin and a pinch of salt.

Heat the sesame oil in a non-stick frying pan and cook the omelette (as thin as possible).

Cool the omelette and cut into julienne strips.

Wok

Heat your wok with the sesame oil and add the vegetables.

Leave to cook over high heat, stirring constantly. At the end of the cooking time, add the soy sauce and the omelette.

On the plate

Place the vegetable stir-fry on top of your Asian noodles and finish with the green onion slices.

Sprinkle with sesame seeds before serving.

Bon appétit!