CHEFS' TABLE

CRACKING EGG-CELLENCE

GREEN ONION BEAN SPROUT OMELETTE

This Green Onion Bean Sprout Omelette is your go-to solution for busy mornings, light lunches, or even a satisfying midnight snack. With the earthy aroma of sautéed green onions and the crisp freshness of bean sprouts folded into fluffy eggs, this recipe brings together simplicity and taste in every bite.

1 omelette

10 minutes

INGREDIENTS

- 3 large eggs
- 1 green onion, finely sliced (reserve a few green tops for garnish)
- ¼ cup bean sprouts (about 25 g), rinsed and patted dry
- ¾ teaspoon light soy sauce (about 4 mL)
- ⅛ teaspoon salt (a pinch)
- 1 teaspoon sesame oil (5 mL), plus extra for drizzle
- 1 teaspoon neutral oil such as canola or sunflower (5 mL) for cooking

CHEF'S NOTE

Rinsing bean sprouts thoroughly under cold running water removes grit and helps reduce bacteria, keeping them fresh, crisp, and safe to eat.

DIRECTIONS

1. Whisk the eggs: In a medium bowl, whisk the eggs until smooth. Stir in the soy sauce and salt.
2. Cook the omelette base: Heat a non-stick skillet over medium heat. Add the neutral oil and swirl to coat the pan. Pour in the egg mixture, spreading it evenly.
3. Add vegetables at the right time: Scatter the green onion over the surface immediately after adding the eggs. Add the bean sprouts halfway through cooking, about 1½ minutes in, to keep them bright and crisp.
4. Fold omelette onto plate, drizzle 1/8 teaspoon sesame oil on top (or more to taste).
5. Garnish with the reserved green onion tops , fried onions , chili sauce. Serve immediately.

MEET CHEF LIANA ROBBERECHT

Chef Liana Robberecht is a highly accomplished culinary leader in Calgary and Edmonton with a diverse background and a passion for promoting local and Canadian cuisine, including a love for plant-based cuisine. Her impressive resume includes numerous medals, awards collaboration dinners, appearance on Food Network TV, James Beard Foundation, speaker, educator, chairing and co founding local charities.

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