



Omelet on Rice

Overview

While eggs are very high in protein and choline, enough to be included in the meat section in the Foods Guide Pyramid by the USDA, rice also contains a lot of protein and water and has almost no fat at all. Olive oil used in for frying, too, contains vitamin E and K, and is very high in antioxidants.

Procedure

1. Whisk the Egg

After the eggs are cracked opened, whisk the whole egg until it is thoroughly mixed and looks soft and bubbly. Any additions are encouraged (e.g. sausages, ham, pork etc.)

2. Prepare the Pan

Put 1 to 2 tablespoons of olive oil in a pan, heat it until you can see some vapor, then pour in the prepared whisked egg.

3. Fry It Up!

Use a spatula to flip the egg so that it is heated entirely. Different amounts of heat create different textures, so there are infinite possibilities!

4. Put It on Rice

Cooked rice of course. Any more additions can be freely added, including vegetables, some sauce and, other Thai dishes.