

## BREAKFAST

### *Rice Omelette*

Serves 4

#### Ingredients

4 eggs

100 gram **Trukai Medium Grain rice**  
(preferably white sticky rice)

1 carrot (Small)

1 tomato (small)

1 onion

½ cup peas

3 tsps butter

salt for taste

150ml water

#### Directions

Prep Time | 10 mins

Cooking Time | 30mins

Total Time | 40 mins

#### For preparing the rice

1. Take 1 ½ teaspoon butter in a saucepan and fry chopped onion, carrot and peas for 2 min.
2. Then put the rice into it and fry it for more 2 min. Add water to boil the rice and salt to taste. Prepare the rice in a low heat and put aside.

#### For the omelette

Make each omelette with 2 eggs.

Fill it with cooked rice and chopped tomato and wrap it.