

# Omelette



Oil-free thick omelette



1 Servings



5-10 Minutes

## Ingredients

- 4 Large eggs
- 1 tsp of sugar
- A pot of water
- any seasoning you like

## Directions

1. Crack the eggs into a measuring cup, add your sugar and other seasoning and whisk well
2. In a pot, fill 3/4 of the pot with water and turn on medium-high heat
3. Once boiled, stir the water to create a tornado then pour your whisked eggs in the middle of the tornado. This will make the egg look scrambled
4. After the 2-4 min the egg is cooked. Then take the egg out of the water and drain it with a bamboo screen
5. After it is drained from all water, roll it up like sushi, make sure it is sturdy, hold it for 1-2 min.
6. After it is intact, cut it to bite size then serve with any toppings or ketchup