KIKKOMAN

Japanese style Omelette, Noodle and Vegetable Bento Box Recipe

Total time **30 mins** **10 mins** preparation time **20 mins** cooking time

INGREDIENTS

1 portion(s)

1 tbsp	coarsely chopped almonds
	Smoked paprika
25 g	rice noodles
1	mini pak-choi
0.5	red bell pepper
30 g	mushrooms (e.g. mini oyster mushrooms)
2 tbsp	olive oil
2 tbsp	Kikkoman Teriyaki Wok Sauce with Roasted Garlic
3.5 tbsp	Kikkoman Naturally Brewed Soy Sauce
1.5 tsp	honey
	Freshly ground pepper
2	eggs
1	sheet of nori

PREPARATION

Step 1

Roast the almonds, if you like, and dust them with paprika. You may want to cut the rice noodles into pieces before preparing them according to the pack instructions.

Step 2

Trim the pak-choi, cut into strips and wash. Remove the pith and seeds from the pepper, then wash and dice it. Trim the mushrooms and halve the large ones. Heat up 1 tbsp. oil in a pan. Add the pak-choi, bell pepper and mushrooms, fry for approx. 4-6 minutes, season with 1 tbsp. teriyaki sauce and remove from the pan.

Step 3

Add the remaining teriyaki sauce, 2 tbsp. soy sauce, honey and 5 tbsp. water to the remaining frying liquid, season with pepper and pour into a screw-top jar for transportation.

Step 4

To make the omelette, whisk the eggs with ½ tsp. soy sauce and pepper and cook in the remaining oil. When the omelette is done cut it into wide strips. Cut the nori sheet into fine strips and add to the noodles with the rest of the soy sauce.

Step 5

Arrange all the meal components in a bento box/ lunchbox, garnish with almonds and refrigerate until you are ready to take it with you. Heat up in

the microwave before eating.