

Tamagoyaki

Recipe recommended by ANISSA LEE
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MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	905kj	11%
Energy (kcal)	218kcal	11%
Fat	18g	26%
<i>of which saturates</i>	2.8g	14%
Carbohydrate	2.6g	1%
<i>of which sugars</i>	1.3g	1%
Fibre	0g	0%
Protein	11g	22%
Salt	2.2g	37%

Generated by Nutritics v5.61 on 18/08/2022

INGREDIENTS: (Serves 3 - 107kcal per 49g serving)

- 6 EGGS, raw, beaten
- 1 Tablespoon Soy sauce (**SOYA, GLUTEN**)
- 1 Teaspoon **SESAME** Oil,
- 1 Teaspoon Mirin (**GLUTEN**)
- 1 Tablespoon Oil, vegetable

OPTIONAL EXTRAS:

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METHOD:

1. Mix the beaten eggs, soy sauce, sesame oil and mirin in a bowl until incorporated fully.
2. Heat ¼ Tablespoon of oil in a frying pan on medium-low heat, pour in ¼ of the egg mixture.
3. When it starts to light cook, slowly start to roll the egg from the further end towards yourself.
4. Add in another ¼ Tablespoon of oil and ¼ of the egg mixture, repeat until all egg mixture is used.
5. When it is cooked, transfer to a plate and cut into 2 inch slices and serve!

ALLERGENS



EGGS



SESAME



SOYA



GLUTEN

MODIFY

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CREDIT

Recipe by: Anissa Lee
Photo by: Anissa Lee