

MUSSEL EGG FOO YUNG ROLLS

RECIPE BY CLEAN PLATE

MAKES 4 SNACK-SIZE ROLLS



INGREDIENTS

- 2 each Eggs, lightly beaten
- 4 - 6 each Marinated mussels, roughly chopped
- ¼ each Green capsicum, diced
- 2 Tbsp Fresh parsley, chopped
- Salt and pepper, to taste
- Olive oil spray (or alternative), for cooking



FOR THE ROLLS

- 4 each Snack-size seeded rolls, halved
- Japanese mayo
- Sriracha sauce
- Lettuce leaves

METHOD

1. In a small bowl, mix the egg, mussels, green capsicum and parsley, and season to taste. Mix to combine.
2. Spray (or coat) a non-stick frying pan with olive oil (or alternative), and add spoonfuls of egg mix, making sure there are a few mussel pieces in each.
3. Fry for 2 -3 minutes and, using a spatula, carefully flip the egg pancakes to cook the other side. Once cooked, lift egg foo yung and place on a plate. Repeat with remaining egg mix.
4. In the same frying pan, or under a hot grill, lightly toast the seeded rolls' halves. Spread each toasted roll half with a little Japanese mayo (or butter).
5. Top each bottom half with a lettuce leaf and the Mussel & Green Capsicum Egg Foo Yung. Drizzle with Sriracha Sauce and place the top half in place.



To make it **Gluten Free**: Use gluten free rolls