

# On A Roll

Elevate the simple omelette to a festive dish fit for a reunion dinner.

Cheese &  
herb stuffed  
egg rolls

MAKES  
2



## Culture On A Plate

Vary this dish with **different fillings** such as smoked salmon, spinach, julienned bell peppers or sauteed mushrooms. Let children layer the fillings and roll up the omelettes.

It helps strengthen **motor skills**. Talk to them about **auspicious foods in Chinese tradition**. For instance, egg rolls resemble gold bars and symbolise good fortune.

## Follow these steps

1. Whisk eggs and water together. Season with salt and pepper.



2. Heat 1 tbsp olive oil in an 8-inch non-stick pan over medium heat. Make sure the oil coats the entire surface of the pan.



3. Pour half of the egg mixture into the hot pan. Swirl it to spread the mixture evenly. Cook for a few minutes until the eggs start to set and turn golden.



4. Using a spatula, carefully flip the omelette over and cook the other side till done. Transfer to a plate and let it cool. Repeat with the remaining egg mixture.



5. Mix cottage/ricotta cheese with herbs and grated cheese until smooth. Season with salt and pepper. Spread it over the cooled-down omelettes.



5. Gently roll the omelettes. Cut into thick slices and serve.



**TIP!** For firmer egg rolls that are easier to slice, wrap in cling film and chill in the fridge for at least 30 minutes.

## → WHAT YOU'LL NEED

- 4 eggs
- 2 tbsp water
- 2 tbsp olive oil
- 1 cup cottage or ricotta cheese, softened
- 2 tbsp parmesan cheese, grated
- 4 tbsp fresh herbs, chopped (e.g., parsley, chives, dill)
- Salt and pepper, to taste



Eggs



Olive oil



Cottage or ricotta cheese



Fresh herbs



Water



Parmesan cheese



Salt and pepper

## Swing Low

➤ **Reduce your child's potential risk for hypertension** by lowering sodium intake. Instead of using table salt, switch to healthier alternatives like potassium salt (K-salt) which can reduce sodium content in foods by about 30 per cent without compromising taste.

Find out more at [www.healthhub.sg/live-healthy/2093/about-lower-sodium-salt](http://www.healthhub.sg/live-healthy/2093/about-lower-sodium-salt).

