



## Fish and Egg Roll

### Ingredients:

Egg	2 pieces
Minced mud carp	160 g
Celery	1 stalk

(Serves about 10-12 persons)



### Seasoning:

Salt	½ teaspoon
Sesame oil	1 teaspoon
Vegetable oil	½ teaspoon

### Method:

1. Beat the eggs. Add salt and sesame oil. Mix well and set aside.
2. Heat the non-stick pan. Add a little oil and half of the egg into the pan. Fried the egg into a thin pancake form.
3. Place the thin egg pancake on a plate. Put minced mud carp on the egg pancake (both in the same size).
4. Cut celery into sticks. Place them on the side of the fish and egg pancake and make a roll. Steam it.
5. Slice the cooked fish and egg roll and serve.



### Nutrition Tips

1. There is usually less fat in fish than meat. With celery, we have more dietary fibre in the egg roll. A non-stick pan helps reduce the use of oil.
2. If children do not like celery, cucumber or carrot can be used as alternatives.