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※架空文書です

選手番号 競技者氏名

## Omelette Rice Recipe

chicken rice ingredients	2 servings
diced chicken breast	100g
chopped onion	100g
ketchup	4 tbsp.
butter or oil	1 tbsp.
salt and pepper	
cooked rice	300g

### *Directions*

- ① Heat one tablespoon of butter in a frying pan.
- ② Cook the chopped onion until tender.
- ③ Add the decided chicken and cook it until it is no longer pink.
- ④ Add four tablespoons of ketchup and cook them together.
- ⑤ Add the cooked rice and cook and mix it until it is evenly coated with ketchup.
- ⑥ Season with salt and pepper to finish.

Omelet ingredients	1 serving
egg	2 eggs
salt and pepper	
butter or oil	1/2 tbsp.

- ① Beat two eggs in a bowl.
- ② Season it with salt and pepper.
- ③ Heat 1/2 tablespoon of butter in a frying pan.
- ④ Spread the egg mixture and make a round omelet.
- ⑤ Before the egg is fully cooked, put the chicken rice in the middle.
- ⑥ Fold both sides of the egg.
- ⑦ Then shape it using the edge of the pan.
- ⑧ Carefully flip it over onto a plate.
- ⑨ You can use a paper towel to shape it nicely.
- ⑩ Put some ketchup on top.

