

YIELD: 4 PEOPLE

Shrimp Omelette

The best **shrimp omelette** with eggs, red onion and shrimp. This Chinese **shrimp omelette recipe** is so easy and great with just about anything.



PREP TIME

10 minutes

COOK TIME

5 minutes

TOTAL TIME

15 minutes

INGREDIENTS

- 3 large eggs
- 1 teaspoon [oyster sauce](#)
- 1/4 teaspoon [fish sauce](#)
- 2 dashes [ground white pepper](#)
- 1/4 teaspoon toasted [sesame oil](#)
- 1 teaspoon [Shaoxing cooking wine](#)
- 1 1/2 tablespoons cooking oil
- 1/2 red onion, cut into rings and then cut the rings into halves
- 4 oz. shrimp, peeled and deveined
- 1 stalk scallion, cut into 2-inch length (5 cm)

INSTRUCTIONS

1. Beat the eggs with a fork or a pair of chopsticks. Add the oyster sauce, fish sauce, white pepper, sesame oil and Shaoxing wine, stir to mix well.
2. Heat up a wok or skillet, add the cooking oil.
3. When the wok or skillet is fully heated, sauté the onion until aromatic or lightly caramelized. Add the shrimp and stir until they turn white on the surface. Add the beaten eggs. Let the omelette set, about 20-30 seconds.
4. Stir, toss and flip the eggs around and cook thoroughly. Use the spatula to break up into chunks. Add the scallions, stir to combine well. Dish out and serve immediately.



NOTES

You may use crab meat (instead of shrimp) for this recipe.
This omelet tastes even better with crab meat.

Nutrition Information

Yield 4

Serving Size 4 people

Amount Per Serving

Calories 140

Total Fat 9g

Saturated Fat 2g

Trans Fat 0g

Unsaturated Fat 7g

Cholesterol 199mg

Sodium 323mg

Carbohydrates 2g

Fiber 0g

Sugar 1g

Protein 11g

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