JAPANESE · BREAKFAST

Tamagoyaki (Japanese Rolled Omelette)

15 min · Serves 2 · 189 kcal a serve · Video 5:00 · Just One Cookbook

Vegetarian · Dairy-free · Nut-free

A light egg breakfast with about 10 g of protein a serve and only 3 g of added sugar; the eggs make it rich in selenium and vitamin B12.

Diet notes: Gluten-free with a swap: Use gluten-free soy sauce or tamari to keep it gluten-free.

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Ingredients 6 · SERVES 2

- [ ] 3 large **eggs**
- [ ] 1 tbsp **water**
- [ ] ½ tbsp **sugar**
- [ ] 1 tsp usukuchi (light-coloured) soy sauce
- [ ] a pinch of **salt**
- [ ] 1 tbsp **neutral oil**, for greasing the pan

Contains: Gluten, Egg, Soy. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the eggs in a jug or bowl with the water, sugar, light soy sauce and salt. Break them up with chopsticks in a zigzag motion, keeping the tips on the bottom so you don't whisk in air. 0:33
2. Heat a tamagoyaki pan (or a round non-stick pan) over medium heat and wipe it with a thin film of oil. When a drop of egg sizzles, pour in a thin layer, tilt to coat and pop any bubbles. 1:04
3. When the top is no longer runny, roll the egg up from the far side into a log. In a round pan, fold the left and right sides to the centre first to make a rectangle. 1:32
4. Push the roll to the far side, grease the empty part of the pan, pour in another thin layer and lift the roll so the egg runs underneath. Roll again once set; repeat until the mixture is used up. 1:52
5. Press the roll against the sides of the pan to shape a neat block. Wrap it in a bamboo mat and rest 5 minutes, then cut it in half and each half into thirds. 2:38

> **Tip** Nami suggests serving it with grated daikon drizzled with soy sauce, as part of a Japanese breakfast or in a bento box. Use up to 1 tbsp sugar for a sweeter omelette; the water is optional but makes it fluffier.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
189 kcal	9.7 g	4 g	0 g	15 g	340 mg
790 kJ	19% of a day	3.9 g net · 3.8 g sugars	0% of a day	3 g saturated	15% of a day
		1% of a day		19% of a day	

Energy from net carbs 8% · protein 20% · fat 72% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 42% · Omega-3 42% · Vitamin B12 34%

Source of (10–19%) Vitamin E 13% · Vitamin A 12%

Recipe and video: Just One Cookbook (@justonecookbook) on YouTube — youtube.com/watch?v=FBPsdO1KII0, published 23 February 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/tamagoyaki-japanese-rolled-omelette