



RICE PAPER EGG WRAPS

Fresh, bright and full of crunch, these egg parcels combine crisp rice paper, soft omelette layers and a zippy chilli lime slaw into a satisfying bite. Tahini adds richness, lime keeps it sharp, and the colourful veg brings plenty of texture.

They're quick, fun and perfect for a light, energising meal.

Prep time 15 minutes | Cook time 15 minutes | Makes 4

1 tbsp toasted sesame oil

1 tbsp tahini

1 tbsp crispy chilli oil

1 lime, squeezed

1 carrot (150g)

¼ red cabbage (150g)

2 tbsp peanuts

1 tbsp chives finely chopped

4 rice paper sheets

8 Burford Buff eggs

3 salad onions, finely chopped

To make the salad dressing, whisk the tahini with the sesame oil in a bowl and stir through the crispy chilli oil and a good squeeze of lime.

Peel and shred the carrot and red cabbage, add to a bowl with the chives and toss in the dressing until coated.

Beat 2 of the eggs and season well with sea salt and cracked black pepper.

Heat a pan over medium heat and add 1 rice paper to the pan, then pour over the beaten eggs, making sure they cover the rice paper. Scatter with a quarter of the chopped salad onions, leave to set, then flip.

Repeat the same process 3 more times to create 4 wraps, keeping them warm under a clean tea towel.

Slide the wraps onto a plate, pile with the salad and roll them up to eat.



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