



UGANDAN ROLEX

Classic Ugandan street food, consisting of a simple mixed vegetable omelette, rolled in a chapati. You can throw in any vegetables you have available, but traditionally the Rolex will contain shredded white cabbage and some fresh green chilli and coriander for a kick of flavour!

Here we've served it with a mango chutney and mayonnaise dip, but it's just as delicious on its own.



Skills Check: Follow a recipe; follow food safety & hygiene rules; crack an egg; beat an egg; use measuring spoons; cut using bridge/claw technique safely; snip herbs with scissors; season to taste; use the hob/oven with adult supervision; tidy away.

Equipment: Small bowl, fork, chopping board, knife, table knife, spoon, measuring spoons, scissors, measuring jug, frying pan, spatula/fish slice.

Allergens*: Eggs | Milk | Gluten

Ingredients (serves 1):

- 1 chapatti
- 1 tbsp vegetable oil
- 2 eggs, medium
- 1/8 white cabbage, finely shredded
- 1/4 red onion, thinly sliced/diced
- 1/2 green chilli, chopped (or a pinch of dried chilli flakes)
- 1 tbsp fresh coriander, chopped/snipped (optional)
- Black pepper, to taste

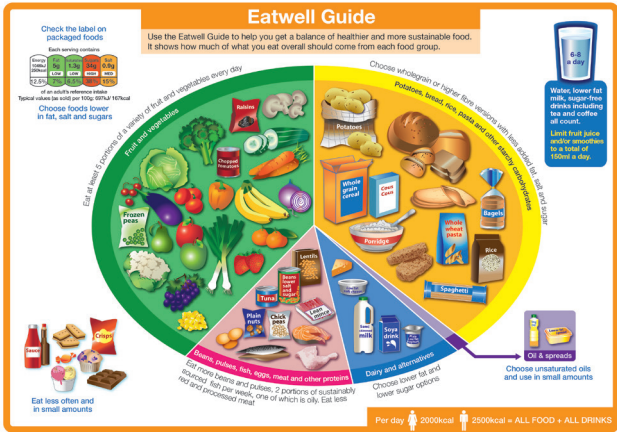
Method

1. Crack the eggs into a small bowl and beat gently. Season to taste with black pepper.
2. Add the finely shredded white cabbage to the eggs and stir to combine.
3. Heat the oil in a frying pan over a medium heat.
4. Pour in the egg mixture, and scatter over the onion, chilli and coriander (if using).
5. Cook until just set, then flip over in the pan to cook the other side, placing the chapati on top of the omelette as it cooks.
6. Cook until the egg mixture and the vegetables are cooked through, and the chapati is soft and warm.
7. Carefully lift the omelette and chapati, and flip over on to a plate. When cool enough to handle roll the chapati.

*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.



UGANDAN ROLEX Nutrition Information

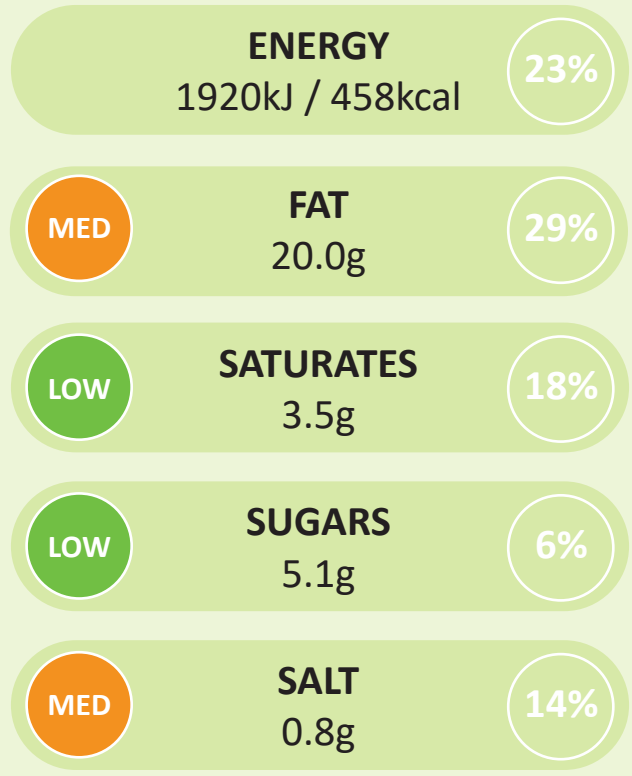


The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

Energy, sugar, fat and salt per serving

Per 249g serving (Dip not included in analysis)



% of an adult's reference intake
Typical values per 100g : Energy 770kJ / 184kcal

Notes

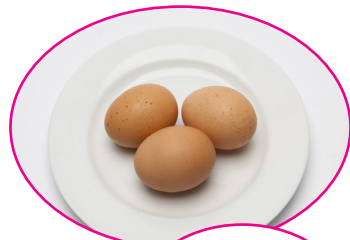
A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.

So, thinking about Ugandan Rolex...

Eggs are an excellent source of protein, vitamins and minerals, and are usually cheaper than meat or fish.



Chapati is an Indian unleavened flatbread made with wheat flour and water. Commercial varieties may have additional fat, sugar and salt added.



Vegetables are so good for us! Low in fat, sugar and calories and high in vitamins and minerals.