

Soy-Glazed Onion Omelette

A flavorful and satisfying breakfast omelette featuring caramelized onions and a touch of soy sauce.



Breakfast Dish

15 min

Total time

Easy

Difficulty

250

kcal / serving

Nutrition per serving (estimated)

Protein 13 g

Carbs 7 g

Fat 19 g

Fiber 1 g · Sugar 3 g · Sodium 750 mg

Ingredients

- 2 eggs
- 1/4 cup chopped onions
- 1 tablespoon soy sauce
- 1 tablespoon vegetable oil
- Salt and pepper to taste

Substitutions

Vegetable oil – Canola oil in the same amount

Yellow onion – White onion in the same amount

Soy sauce – Tamari in the same amount

Steps

- 1 Heat the vegetable oil in a non-stick skillet over medium heat.
- 2 Add the chopped onions and sauté until they are caramelized and golden brown.
- 3 Meanwhile, beat the eggs in a bowl and season with salt and pepper.
- 4 Pour the beaten eggs into the skillet with the caramelized onions.
- 5 Cook the omelette for a few minutes, gently lifting the edges and tilting the pan to allow the uncooked eggs to flow underneath.
- 6 Drizzle the soy sauce over the omelette and continue cooking until the eggs are set.
- 7 Fold the omelette in half and transfer to a plate.
- 8 Serve hot and enjoy!

Chef's tips

- Golden, soft onions with no dark, scorched patches give the omelette a mellow sweetness.
- Use a non-stick skillet and a flexible spatula to help the delicate eggs release cleanly.
- Soy sauce adds salt, so taste the egg mixture before adding much extra salt.

Drink pairing

A crisp, dry cider

Its bright fruit and acidity complement the savory soy glaze and sweet, browned onions.

0% option: Chilled sparkling water with a squeeze of lemon

Storage

Refrigerate leftovers within 2 hours in a covered container and eat within 3–4 days. Reheat until steaming hot; the eggs may become firmer.

Frequently asked questions

How can I tell when the onions are ready?

They should be softened and evenly golden, with a sweet aroma and no blackened edges.

How do I know the omelette is set?

The surface should look mostly set rather than wet, and the center should feel tender but not runny.

Can I make this ahead?

It is best cooked just before serving. You can chop the onion ahead and keep it covered in the refrigerator.