

EGG FOO YOUNG

Time: 20 minutes

Serves: 4

Ingredients:

4 large eggs
2 green onions – green thinly sliced & white finely chopped – divided
2g salt
Few grind fresh ground black pepper
70g mung bean sprouts
100g cooked chicken – chopped or pulled
20g grapeseed or other neutral-flavoured oil
100g chicken stock
15g oyster sauce
5g dry sherry
10g water
3g tapioca starch

Preparation:

Place two frying pans of equal size on medium heat.

In a bowl, whisk together the eggs, onion whites, salt and pepper. Stir in the bean sprouts and chicken.

Add the oil evenly between the frying pans and swirl to coat evenly.

Pour the egg mixture into one of the frying pans. Cook covered for three minutes. Carefully place the frying pans face to face and turn the egg foo young from one pan into the other to cook the other side. Cook covered for three minutes.

Remove from heat and turn the egg foo young onto a plate.

Place a small pot on medium heat, adding the chicken stock, oyster sauce and sherry. Bring to a boil.

In a small bowl whisk together the tapioca starch and water. Whisk the slurry into the stock mixture and remove from heat.

Pour the sauce over the egg foo young and serve garnished with the onion greens.

Nutritional Information Per Serving:

Calories: 170
Fat: 11g
Carbs: 3g
Fibre: 0.5g
Protein: 15g