

Simple Chinese Dishes

STIR-FRIED EGG AND TOMATO

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INGREDIENTS

- 6 large eggs
- 2 tablespoons vegetable oil, divided
- 2 scallions, finely chopped (reserve some chopped greens for garnish)
- 4 medium tomatoes (about 1 pound), each cut into 6 wedges
- Accompaniment: white rice

PREPARATION

Beat eggs with 1/2 teaspoon salt until smooth but not frothy.

Heat 1 tablespoon oil in a 12-inch nonstick skillet over medium-high heat until hot. Add eggs and cook, undisturbed, just until a thin film of cooked egg forms on bottom of skillet but most of eggs are still runny, 5 to 10 seconds. Immediately scrape eggs into a bowl. Wipe out skillet.

Heat remaining tablespoon oil in skillet over medium-high heat until hot. Add scallions and stir-fry until just softened, about 30 seconds. Add tomatoes and cook, stirring and turning occasionally, until juices are released and tomatoes are slightly wilted but still intact, 4 to 6 minutes. Sprinkle sugar and 1/4 teaspoon salt over tomatoes and stir to combine. Return eggs to skillet and cook, stirring occasionally, until eggs are just cooked through. Serve sprinkled with reserved scallion greens.

From Epicurious - <http://www.epicurious.com/recipes/food/views/stir-fried-egg-and-tomato-352835>

FRIED RICE

INGREDIENTS

- Salt
- white pepper
- scallions
- garlic
- eggs
- green peppers
- frozen peas
- spam
- rice (obviously)
- soy sauce
- sesame oil