



## Tomato Stir-fry Egg

"Best Buddies - Tomato and Egg". Served this Iconic, healthy and simple Chinese dish packed with essential nutrient to keep the doctor away.

### **Ingredients :** (Serves: 3-4)

|   |          |  |                      |
|---|----------|--|----------------------|
| Cooking oil (for frying egg)                              | 30g      | Spring onion (chopped)                         | (1 stalk) 20g        |
| Eggs (beat for a minute)                                  | 4 nos    | Garlic (chopped)                               | (5pcs) 25g           |
| Cooking oil (for frying tomato)                           | 25g      | Small/ medium tomatoes (cut into small wedges) | (3-4 nos) about 500g |
| Tungsan/ Straits Story Tomato Flavoured Hot Pot Seasoning | 100-150g | Tungsan Oyster Flavoured Sauce                 | 30g                  |
| Tomato sauce (Optional)                                   | 10-20g   |  |                      |

### TIP: HOW TO REMOVE TOMATOES SKIN PROPERLY

1. Cut an 'X' in the bottom of each tomato. Cut just deep enough to penetrate the skin.
2. Pour boiling water over the tomato and simmer for one minute.
3. Remove the tomato and place in the ice bath, peel off the skin.

### COOKING METHOD

1. Heat the wok over high heat until it just starts to smoke, add in oil, and add in beaten eggs.
2. Scramble the eggs and remove from the wok immediately. Set aside.
3. Add oil to the wok, heat it up, add in Tomato Hot Pot Seasoning, tomato sauce, spring onion and garlic, stir fry till fragrance.
4. Add in tomatoes, stir fry until soften.
5. Add in Oyster Sauce, stir well.
6. Add in the scrambled eggs, continue to stir-fry over high heat and until the sauce thickens to your liking. Serve!

### NOTES

1. Recommendation on the purchase of Tungsan Oyster Flavoured Sauce to complement the Chinese Tomato Stir-fry Egg.
2. No hard and fast rules in cooking, adjust or add in other ingredients to suit your tastes!



## 番茄炒蛋

“最佳搭档”——番茄和鸡蛋。这道既健康又简单的中式菜肴富含必需的营养，经常食用能让您远离医生 (🌸'~'🌸)。

### 用料: (3-4 人份)

|                 |           |            |                 |
|-----------------|-----------|------------|-----------------|
| 食用油 (炒鸡蛋用)      | 30 克      | 青葱 (切碎)    | (1 根) 20 克      |
| 鸡蛋 (蛋液打一分钟)     | 4 个       | 大蒜 (切碎)    | (5 瓣) 25 克      |
| 食用油 (炒番茄用)      | 25 克      | 小/中番茄 (切块) | (3-4 个) 约 500 克 |
| 唐山/南洋之宝 番茄火锅调味料 | 100-150 克 | 唐山蚝味蚝油     | 30 克            |
| 番茄酱 (可选)        | 10-20 克   |            |                 |

提示：如何快速剥番茄皮

1. 用小刀在番茄底部划个十字。
2. 将番茄底部朝上，放入耐热的容器中，冲入沸水，浸泡一分钟。
3. 取出番茄，放入冰水中冷却，即可轻松剥皮。

煮法

1. 用大火预热锅，直到开始冒烟。加入食用油，再加入打好的鸡蛋。
2. 翻炒成型后，立即从锅中取出。备用。
3. 热锅倒油，加入番茄火锅调味料、番茄酱、青葱和蒜，翻炒至香味四溢。
4. 加入番茄，炒至变软。
5. 加入蚝油，炒匀。
6. 加入炒蛋，继续大火翻炒，直到酱汁变稠。上桌！

备注

1. 建议购买唐山蚝味蚝油来搭配番茄炒蛋。
2. 烹饪没有硬性规定，可依据个人口味适当调味和搭配其它配料！