

Egg Foo Young

Chinese · Main Course · Easy · 18 min total · Serves 4

Fluffy Chinese omelette with bean sprouts, onions, and shrimp or pork.

Ingredients

- 6 large eggs (beaten)
- 1 cup bean sprouts
- 4 sliced green onions
- 0.5 cup cooked shrimp or pork (diced)
- 1 tbsp soy sauce
- 1 tsp sesame oil
- 2 tbsp oil
- 1 cup gravy (brown sauce for topping)

Method

1. Mix eggs, sprouts, scallions, protein, soy, sesame oil.
2. Heat oil, pour 0.5 cup mixture per patty.
3. Cook 3-4 min per side until golden and puffy.
4. Top with brown gravy.

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