

Recipe for Chinese Tomato Egg Rice

Ingredients

- 6 eggs
- Four fresh tomatoes (but canned tomatoes are alternative)
- Sugar
- Garlic
- Sunflower Oil
- Salt

Method

1. Crack the eggs and pour it into a bowl.
2. Stir the yolk and egg white together (we use chopsticks) until it looks like there is only solid yolk left.
3. Put a fry pan on the stove and turn the stove on.
4. Pour a little amount of sunflower oil into the pan.
5. Pour the stirred eggs into the pan.
6. Keep stirring the eggs until it's solid and mushy.
7. Take out the omelette and put it into a bowl.
8. Add it bit of sunflower oil in the pan.
9. Put the diced tomatoes into the pan.

10. Stir for 2 minutes until the tomatoes look mushy.
11. Add 1 tablespoon of raw sugar into the tomatoes and stir well.
12. Add back the omelette on the tomatoes and stir.
13. Turn the stove on slow cook for about 5 minutes.
14. Add 1 teaspoon salt and stir.
15. Can be served with steamed rice or noodles.

It's ready to serve!

Me Stirring the Eggs



The Finished Product

