

Tomato And Egg Stir Fry

Serves 2

30 mins



Ingredients

- 3 Tomatoes
- 4 Eggs
- 1 stick of spring onion (chopped)
- 2 cloves of garlic (finely chopped)

Steps

1. Crack eggs into a bowl and add 2tbsp of water and 1/4 tsp salt
2. Slice tomatoes into wedges and set aside
3. Finely dice garlic and spring onion and set aside
4. Scramble the eggs in a wok and make sure not to overcook it, set aside in a separate bowl
5. Wash the wok, add oil and garlic until it starts to get golden brown
6. Add the tomatoes
7. Mash the tomatoes into a paste with the spatula
8. Add water if needed
9. Add the scrambled eggs and spring onion
10. Add 1/4 tsp of sugar and 1/8 tsp salt
11. Turn off heat and stir
12. Serve in bowl