

# CHINESE EGG & TOMATO

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## Ingredients

*For each serving:*

2 Eggs

1 medium Tomato,  
peeled & de-seeded

¼ Cup Onion, sliced

¼ Cup Anaheim or  
Crown Pepper, sliced

2 teaspoons Mirin, or  
Rice Wine Vinegar  
diluted with Sugar

2-4 teaspoons  
Grapeseed Oil

Salt & Pepper to taste

## Directions

Chop Tomato into ½ inch cubes as evenly as possible.  
Beat Eggs and season with Salt & Pepper.

Heat a wok or frying pan over medium high and add 2  
teaspoons Grapeseed Oil.

When Oil is shimmering, add Eggs and use a spatula to  
gently turn until they are about 85% cooked, about 30  
seconds.

Transfer Eggs to a bowl and wipe out pan if needed.

Pour in another 2 teaspoons of Oil and then add  
Onions and Peppers.

Season with Salt & Pepper and cook until just starting  
to soften, about a minute.

Add Tomatoes and Mirin and stir gently.

Let mixture cook until almost all liquid has evaporated,  
about 2 minutes.

Pour Eggs back in to heat through and serve straight  
away with steamed Rice and a simple Garden Salad.