

Chinese Tomato Egg Stir-fry

This 10-minute Chinese tomato egg stir-fry is a dish you'll find on many Chinese home dinner tables. It's fast, easy, cheap, and delicious. And vegetarian!



4.89 from 108 votes

Prep Time	Cook Time	Total Time
5 mins	5 mins	10 mins

Course: Main Course Cuisine: Chinese Servings: 2

Calories: 333kcal Author: Sarah

Ingredients

- 4 small to medium tomatoes (about 500 g, 1 pound)
- 1 scallion
- 4 eggs
- 3/4 tsp salt (divided, or to taste)
- 1/4 tsp white pepper
- 1/2 tsp sesame oil
- 1 tsp shaoxing wine
- 3 tbsp vegetable oil (divided)
- 2 tsp sugar
- 1/4-1/2 cup water

Instructions

1. Start by cutting tomatoes into small wedges and finely chop the scallion.
2. Crack 4 eggs into a bowl and season with 1/4 teaspoon salt, 1/4 teaspoon white pepper, 1/2 teaspoon sesame oil, and 1 teaspoon Shaoxing wine. Beat eggs for a minute.
3. Preheat the wok over medium heat until it just starts to smoke. Then add 2 tablespoons of oil and immediately add the eggs. Scramble the eggs and remove from the wok immediately. Set aside.
4. Add 1 more tablespoon oil to the wok, turn up the heat to high, and add the tomatoes and scallions. Stir-fry for 1 minute, and then add 2 teaspoons sugar, 1/2 teaspoon salt, and 1/4 cup water (if your stove gets very hot and liquid tends to cook off very quickly in your wok, add a little more water). Add the cooked eggs.
5. Mix everything together, cover the wok, and cook for 1-2 minutes, until the tomatoes are completely softened.
6. Uncover, and continue to stir-fry over high heat until the sauce thickens to your liking. Serve!

Notes

Feel free to adjust this recipe to suit your tastes!

Nutrition

Calories: 333kcal | Carbohydrates: 6g | Protein: 11g | Fat: 30g | Saturated Fat: 19g | Cholesterol: 327mg | Sodium: 925mg | Potassium: 121mg | Fiber: 1g | Sugar: 5g | Vitamin A: 535IU | Vitamin C: 1.2mg | Calcium: 49mg | Iron: 1.5mg