



Recipe

Kylie Kwong's Home-style Fried Eggs with Tamari and Chilli

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Serve as a starter for 4 or as a meal with steamed Jasmine rice for 2.

Ingredients:

- 1½ cups vegetable oil
- 4 large free-range eggs
- 2 tablespoons *tamari / soy sauce
- 2 spring onions, finely sliced
- 1 red cayenne chilli, finely sliced

Method:

1. Heat oil in a hot wok until the surface seems to shimmer slightly.

Crack the eggs into a small bowl, then pour into the hot oil. After 1 minute, reduce heat to medium allowing the underside of the eggs to become firm and crisp - the yolks should still be runny at this point.

2. Carefully slide a spatula under the eggs, then pour off oil and set aside to cool.

Replace eggs and cook for a further minute to become crisp. (Strain the cooled oil which can be used a second time).

3. Gently remove eggs from wok and drain off any excess oil before easing onto a plate. Drizzle eggs with tamari and garnish with spring onions and chilli. Serve immediately.



*Tamari contains little to no wheat and is therefore an excellent substitute for light soy, which contains wheat.