

Chinese Home-Style Eggs & Tomatoes

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-home-dishes-recipe>

Ingredients:

- 4 tomatoes preferably roma or vine ripened truss tomatoes, Note 1
- 4 eggs Note 1
- 1/2 teaspoon salt 1/4 teaspoon for the eggs, 1/4 teaspoon for the tomatoes
- 2 tablespoons canola oil
- 1 knob ginger
- 2 garlic cloves peeled and flattened
- 1/4 teaspoon sugar
- 1/4 teaspoon sesame oil
- 1/4 cup water plus another 2 tbsp
- 1 tablespoon cornstarch
- spring onion Finely sliced, for garnishing, optional

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 210 milligrams
4. Fat: 12 grams
5. Fiber: 1 grams
6. Protein: 8 grams
7. SaturatedFat: 2 grams
8. Sodium: 370 milligrams
9. Sugar: 4 grams

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