

Egg Foo Young (Chinese Pork Omelette)



Preparation time:	40 mins
Serves:	4 people
User Rating:	★★★★☆

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This Egg Foo Young recipe truly showcases the versatility of the humble egg. In this creation, we pair pork, egg omelette, Chinese cabbage, flavoursome soy sauce and other seasonings to create a dish that the whole family will enjoy. There's no need to order out when you can make it yourself in less than 40 minutes.

Grab the full recipe below.



Ingredients

Sauce

- 2 tablespoons light soy sauce
- 2 tablespoons hoisin sauce
- 1 teaspoon sesame oil
- 1 chicken stock cube, crumbled
- 1 cup (250ml) water
- 1 tablespoon cornflour

Omelette

- ¼ cup vegetable oil
- 3 cloves garlic, crushed

- 1½ tablespoons ginger paste
- 300g pork mince
- 100g white mushrooms, chopped
- 2 cups (160g) shredded Chinese cabbage
- 3 green onions, shredded, plus extra for garnish
- 2 cups (110g) bean sprouts, plus extra to serve
- 8 eggs
- 1 teaspoon salt
- 2 tablespoons toasted sesame seeds

Method

Sauce

1. Combine soy, hoisin, sesame oil, stock cube and water into a saucepan. Bring to a boil, stirring over a medium heat for 2 minutes. Add cornflour and cook for 3 minutes or until sauce thickens to a thin gravy consistency.

Omelette

1. Heat 1 tbsp oil in a small non-stick frying pan. Add garlic and ginger. Cook, stirring, for 30 seconds or until fragrant. Add pork mince and cook, stirring, using a wooden spoon to break up any lumps until browned. Add mushrooms and cabbage and cook, stirring, for 4-5 minutes or until softened.
2. Add green onions and sprouts and cook a further 2-3 minutes. Remove from heat and place in a heatproof bowl. Set aside and keep warm. Wipe pan clean.
3. Whisk eggs together and season with salt.
4. Heat 2 teaspoons of oil in the same pan over medium heat. Add ¼ of the egg mixture and cook for 2-3 minutes, tilting the pan to form a round omelette. Turn over and cook for a further 1 minute or until the egg is set. Turn out onto a plate. Repeat with the remaining oil and eggs to make four omelettes.
5. To serve, spoon pork and vegetable mixture on top of omelettes. Drizzle over sauce. Garnish with extra sprouts and green onions. Scatter with sesame seeds.

Notes

- Pork mince can be replaced with peeled green prawns or chicken mince.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Vitamin D
396g	2170kJ 519kcal	31.8g	37.9g	8.8g	11.3g	6.1g	1830mg	9µg

All nutrition values are per serve.