

Recipe of the Month: Crabmeat Egg Foo Yong



Prep Time: 7 mins	Cook Time: 5 mins	Serves: 2
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Ingredients:

2 large eggs
¼ tsp salt
a pinch of ground white pepper
meat from 3 crab claws
4 cm celery rib, diced
½ spring onion, diced
¼ medium red chilli, seeded and diced (optional)
1 tbsp oil
1 clove garlic, minced
handful of bean sprouts

Directions:

- 1) Break eggs into a large bowl and whisk it quickly with a fork. Add in the salt and ground pepper.
- 2) Cut the crabmeat into small cubes and add to the beaten egg. Add the vegetables, except the bean sprouts, into the egg mixture as well.
- 3) Heat the oil in a non-stick frying pan or wok over medium heat. Sauté the minced garlic till fragrant but not browned.
- 4) Pour in the egg mixture and stir gently with a spatula until it begins to set. Toss in the bean sprouts and cook for 10 seconds.
- 5) Fold the edges inwards and slowly slide the egg foo yong onto a bowl of steamed rice.