



bit spicy

# Egg Foo Yong with Asian carrot salad

Egg Foo Yong, a simple prawn omelette, is a Singapore hawker dish of Chinese origin. It is very quick to make, especially if you regularly make omelettes, and delicious served with a tangy salad. Use small cooked prawns - these have a punchier flavour than larger ones, and you chop them up anyway! **serves 2**

- 150g small cooked prawns, finely chopped
  - 1 medium onion, finely chopped
  - 3 tbsp vegetable oil
  - 5 eggs, beaten
  - 1/2 tsp each of salt, ground white pepper and sugar
  - 1 tbsp light soy sauce
  - 1 spring onion, finely chopped
  - fresh coriander to garnish
1. Mix the prawns with the salt, pepper and sugar.
  2. Add the soy sauce to the eggs and mix well.
  3. Heat 2tbsp oil in a wok (traditional!) or non-stick frying pan (easier!) and gently cook the onion until soft. Stir in the prawns and heat through.
  4. Remove the onion and prawns with a slotted spoon, add to the eggs with the spring onion and stir well.
  5. Heat the remaining oil in the pan and add the egg mixture. Cook gently, bringing the raw egg to the sides of the pan to encourage even cooking, until the outside is golden brown and the middle is set. Turn once to cook the other side.
  6. Scatter with the coriander, and serve immediately with a tangy salad (see below).

**Salad** - grate or julienne two large carrots and finely chop a small green chilli. Make a dressing of 1 tbsp each of fish sauce, honey and lime juice, and pour over the other ingredients. Leave for an hour or so before serving, if possible.