

# Chinese Eggflower Tomato Soup



Preparation time: 10 mins

Serves: 4 people

User Rating: ★★★★★

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## Ingredients

- 4 cups salt reduced chicken (or vegetable) stock
- 2 large tomatoes, chopped
- 2 tsp reduced salt soy sauce
- 1 tsp caster sugar
- white pepper, to taste
- 1 tsp sesame oil
- 2 eggs, lightly beaten
- 2 green onions, sliced diagonally
- 2 tbs torn coriander leaves

## Method

1. Combine stock, tomatoes, soy sauce and sugar in a large saucepan. Bring to the boil reduce the heat slightly and simmer for 2 minutes.
2. Season with a little white pepper and the sesame oil. Add the eggs in a thin stream, while stirring the soup in a clockwise direction, to form thin stream of egg. Let stand for 1 minute, then serve in deep bowls, topped with onions and coriander.

## Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
372g	334kj 80kcal	4.6g	3.8g	1g	5.7g	4.2g	740mg	1.3g

All nutrition values are per serve.