

# Chinese Steamed Egg

Preparation time: 25 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Dinner Recipes, Vegetarian



## Ingredients

- 3 eggs, at room temperature
- Water (same volume as eggs)
- Pinch of salt
- 2 tbsp soy sauce
- 1/2 tbsp rice bran oil
- 1 clove garlic, finely diced

1/4 cup coriander leaves, roughly chopped  
1 spring onion, finely sliced

## Method

1. Measure the volume of the eggs in a measuring cup and pour into a mixing bowl. Add the same volume of water to the eggs as well as the salt and gently whisk everything together. Don't beat the eggs too vigorously as you don't want to incorporate too much air or create too much froth.
2. Once the mixture is well combined, pour through a fine sieve into a wide shallow bowl. Cover the bowl with cling film.
3. Prepare the steamer by bringing the water to a boil. Reduce the heat to low and place the bowl with the egg mixture into the steamer and cover with the lid. Steam the egg mixture for 12-14 minutes or till the mixture has just set (it should wobble in the middle).
4. Whilst the egg mixture is cooking, place the garlic and oil in a small microwave proof bowl and heat it on HIGH for 30 seconds. Add the soy sauce and mix till well combined.
5. Remove the steamed egg from the steamer and spoon the sauce over the top before scattering the coriander leaves and spring onions on top.
6. Serve hot as part of a multi dish meal with rice.

## Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)
<b>57g</b>	<b>322kj</b> <b>77kcal</b>	<b>5.6g</b>	<b>5.6g</b>	<b>1.4g</b>	<b>0.8g</b>	<b>0.6g</b>
Sodium	Fibre					
<b>786mg</b>	<b>0.3g</b>					

All nutrition values are per serve.