

Jo Barrett & Matt Stone's Chinese Style Stir Fried Eggs



Preparation time: 30 mins
Serves: 4 people
User Rating: ★★★★★

Publication: 25 January 2021
Categories: Dinner Recipes

Matt Stone and Jo Barrett, co-executive chefs of Oakridge Wines have partnered with Australian Eggs to share their cooking skills and give Aussie foodies a look into what an average mealtime looks like for two chefs living together during lockdown.

"We both obviously do a lot of cooking outside of our home but spending so much time together at home has taught us that there can never be too many cooks in the kitchen! Our set of cooking skills vary so much that we tend to complement each other perfectly so it has been really great to spend some of our time experimenting with meals," explains Jo.



Ingredients

- 1 1/2 cups jasmine rice, rinsed till water is clear
- 2 cups water
- 1/2 white onion, sliced
- 8 spring onions, cut in 2cm lengths
- 250g bean shoots
- 3 garlic cloves, grated on microplane
- 1 thumb sized piece of peeled ginger, grated on microplane

3 tbsp oyster sauce
3 tbsp soy sauce
1/2 tspn Chinese allspice
1/2 tspn ground cumin
1 tbsp sesame seeds
1 1/2 tsp chilli in oil
1 tbsp sesame oil
6 eggs
1 tbsp water
3 tbsp of vegetable oil, for frying

Method

RICE

1. In a medium pot add the water and rice. Cover with a lid and occasionally stir to prevent from sticking. Once at a simmer, secure lid and turn off heat. Do not remove lid for 15 minutes. Rice is then cooked. Reserve until ready to serve.

STIR FRY

1. In a small bowl, crack eggs and add water. Whisk with a fork to bind.
2. Heat a large frying pan, (or wok) over medium heat.
3. Add 1 tablespoon oil. As soon as oil begins to disburse with heat, add the eggs. Eggs will bubble and begin to cook immediately.
4. Agitate the pan, bring the outer cooked edge of egg to the center of pan, allowing uncooked egg to fill the space. Leave to cook for 1 minute being mindful not to let the egg stick and keeping it as one complete piece, like an omelet.
5. When almost cooked through, fold in half and slide onto chopping board. With a sharp knife, slice the egg into 1cm lengths and rest. Wipe frying pan clean.
6. Combine the oyster and soy sauce.
7. Return frying pan to high heat, add 2 tablespoon oil and allow to heat.
8. Once hot add the white onion and spring onion. Stir rapidly to allow for even cooking, after 30 seconds add garlic, ginger, spices, and sesame seeds.
9. Continue to stir fry until ingredients are well disbursed, add sauces, bean shoots and chilli, stir and cook for further 30-45 seconds.
0. Add the egg and sesame oil and cook until coated in sauce and hot, remove from heat and serve immediately with steamed rice.

Notes



This recipe is part of a collection of delicious recipes we've curated with some of our favourite chefs to help you make a ***Meal to Remember*** with your family or friends at home. To see the whole collection [click here](#).