

Steamed Egg Custard with Bok Choy



Preparation time: 25 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 20 August 2019

Categories: Dinner Recipes, Vegetarian



Ingredients

- 6 eggs
- 400g chicken stock
- salt to season
- 3 bok choy
- Oil for frying
- 4 cloves of garlic, chopped
- 2 small chillies, chopped
- 3 tablespoons sesame oil
- 3 tablespoons light soy sauce
- 3 tablespoons fish sauce
- 2 tablespoons toasted sesame seeds
- Crispy shallots

Method

1. Set a bamboo steamer over a pot of boiling water.
2. In a bowl whisk the eggs and chicken stock, season to taste.
3. Strain the egg mix into serving bowls or two take away containers, cover and steam for about 6-10 minutes until just set. They will slightly wobble like tofu when done.
4. While the custard is steaming, divide the bok choy into quarters and steam for 2-3 minutes before setting aside to dry before stir frying.
5. In a wok or frying pan heat 2 tablespoons of oil, add the garlic and the chilli, then quickly stir and add the bok choy and coat in the oil.
6. Once coated and pan is still hot, add the fish sauce, toss the bok choy and add the light soy sauce.
7. Turn off the heat and drizzle over some sesame oil.
8. To plate, spoon a large piece of the custard onto the plate. Place the bok choy next to the custard, then top with sesame seeds and crispy shallots.

By Jo Barrett

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
332g	1400kJ 335kcal	17.2g	27.1g	4.8g	3.8g	2.7g	2620mg	4.4g