

## EGG FOO YUNG RECIPE

*Egg Foo Yung is a classic and somewhat retro Chinese comfort food dish. This easy Asian recipe can be enjoyed for breakfast, lunch, or dinner.*



Egg Foo Yung is one of my favorite comfort foods and a dish my mother made regularly when I was growing up. I get cravings for this savory meal and because of its versatility and easy preparation, I eat it for breakfast, lunch and dinner.

If you're wondering why the dish doesn't look like the traditional Chinese style pancakes, I'm still recovering from shoulder surgery. As it turns out, flipping a full size omelet shaped breakfast with the use of only one good arm is more difficult than I expected. The final dish was delicious, but looks more like an Egg Foo Yung scramble.

I had a few Brussels sprouts in the fridge, so I threw them in, adding a wonderful crunch and delicious Brussels sprouts flavor. Some potstickers or *egg rolls* would be delicious served with this meal.

**IN MY OPINION, EGG FOO YUNG IS NOT COMPLETE WITHOUT THE SIGNATURE SAVORY GRAVY!**

The sumptuous brown gravy has a silky texture and rounds out the flavor profile of this tasty meal.

**I HOPE YOU ENJOY THIS EGG FOO YUNG RECIPE.**



Egg Fu Yung with Gravy

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## EGG FU YUNG BRUSSEL SPROUTS



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Prep Time

10 min

Cook Time

10 min

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10 min

Cook Time

10 min

Ingredients

1. 2 boneless chicken breast (sliced thinly)
2. 1 Tablespoon soy sauce
3. 1/2 teaspoon sesame oil
4. 1 garlic clove (minced)
5. 1 green onion (white part only)
6. 2 cups bean sprouts
7. 1 medium onion (sliced thin)
8. 2 cups brussel sprout leaves
9. 6 large eggs
10. 3 Tablespoon vegetable oil (divided)
11. 1/2 teaspoon salt and pepper (to taste)
12. 1 Tablespoon sesame seeds

FOR THE GRAVY

1. 1/4 cup soy sauce
2. 1/4 cup chicken stock
3. 2 Tablespoon Oyster sauce
4. 1/4 cup cornstarch

Instructions

1. Marinate chicken in 1 tablespoon soy sauce,  $\frac{1}{2}$  teaspoon sesame oil, 1 garlic clove, and minced green onion, white part only. Rest for 5 minutes in marinade.
2. Cut the ends off Brussel sprouts and separate leaves.
3. Slice onion thinly
4. In a medium mixing bowl, beat eggs till fluffy. Add to the bowl, bean sprouts and Brussel sprouts, onion. Toss to combine
5. Heat a wok on medium high heat. Add 1 tablespoon vegetable oil to wok. Cooked chicken until done. Remove from wok and set aside to cool for 5 minutes. Add chicken to vegetable and egg mixture and toss to combine.
6. Add 1 tablespoon oil to wok. Place a scoop of egg fu yung mixture in the hot wok and cook for 2 minutes on one side. Flip and continue cooking until egg is set, about 2-3 minutes more. Continue until all mixture is made into pancakes.

#### To Make the Gravy

1. In a small mixing bowl combine, soy sauce, chicken stock, oyster sauce and  $\frac{1}{4}$  cup cornstarch. Whisk to combine. Pour ingredients into the wok and cook over medium heat until thick. Add salt pepper to taste. If mixture is too thick, add 1 tablespoon water at a time until desired consistency is reached.

#### Notes

1. To Serve: Drizzle gravy over Egg Fu Yung. Sprinkle with sesame seeds and chopped green onion tops. Enjoy this meal with steamed rice.

By Rebecka Evans

At Home with Rebecka <http://athomewithrebecka.com/>



If you make this Egg Foo Yung recipe, come over to my [Facebook page](#). I'd love to hear what

you think of the recipe!