

## EGG FU YUNG RECIPE



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 pancake, I'm still recovering from shoulder surgery and it turns out flipping a full size omelet shaped breakfast is more difficult than I expected with the use of only one good arm. The final dish was delicious but looked more like Egg Fu Yung scramble.

I had a few brussels sprouts in the fridge so I threw them in to add a wonderful crunch and delicious brussels sprout flavor. In my opinion, Egg Fu 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.



Egg Fu Yung with Gravy

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Prep Time

10 min

Cook Time

10 min

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#### 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.  $\frac{1}{4}$  cup soy sauce
2.  $\frac{1}{4}$  cup chicken stock
3. 2 Tablespoon Oyster sauce
4.  $\frac{1}{4}$  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.

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