

## EGG FOO YOUNG

from Sarah & Andrew VanNorstrand

### Ingredients

1-2 Tbsp **oil**

- 1 **onion** chopped as fine as you like  
**scallions** (approx. 4)
- 1 **green pepper**  
**peas** (snow, snap or shelled),  
a handful cut in half or thirds

*Optional ingredients:*

**arugula**  
**Thai basil**, minced

### Gravy

- 1 cup **water**
- 1 Tbsp **soy sauce**  
**black pepper**, to taste
- 1 Tbsp **cornstarch**
- 2 tsp **sesame oil**  
(or another oil)

### Instructions

#### Gravy:

1. In a separate bowl mix together water, soy sauce, pepper, cornstarch and sesame oil.
2. Mix until smooth in a small sauce pan and then bring to a boil on high heat, stirring constantly. Reduce heat and simmer for about a minute until the gravy thickens and becomes clear.

#### Veggies and eggs:

3. In a wok pan (or nonstick skillet) heat up some oil and add onion, scallions, pepper and peas. Add some Arugula at the last minute and let it wilt down.
4. In a separate bowl, mix 4-6 eggs (depending on how many people you're trying to feed), soy sauce, Thai basil, and black pepper.
5. Once the veggies have stir-fried until tender-crisp, reduce the heat to low and add the eggs. Cook until the eggs have set, and if there are more veggies than eggs, scramble the whole mixture.
6. Serve over rice or couscous with the gravy drizzled on top.

**NOTE** All the vegetables in this recipe are optional and easily replaced by others—beans, bean sprouts, shredded broccoli or cabbage, chopped carrots, corn, etc. Whatever is tasty.

