



Stir-fried tomato with egg

Prep: 5-10 minutes • Cook: 10 minutes • Serves: 4



Ingredients

300g rice
4 eggs
Pinch of white pepper
1 teaspoon vegetable oil
4 fresh medium tomatoes sliced or a
400g tin of tomatoes
200g sugar snap peas
1 teaspoon reduced-salt soy sauce
1 ½ tablespoons sugar
1 teaspoon minced garlic (optional)
1 spring onion, diced (optional)

- 1 Cook the rice according to the packet instructions.
- 2 Whisk the eggs and white pepper together in a bowl, until well beaten.
- 3 Add the oil to a frying pan on a medium heat. Add the tomatoes and sugar snap peas. Stir-fry them until they are softened.
- 4 Add the sugar and soy sauce to the pan and stir-fry for a few minutes
- 5 Add the well-beaten eggs and half of the diced spring onion to the pan. Stir-fry them gently until the egg is cooked through.
- 6 Serve with the rice and top with the remaining spring onion.

Nutritional info

Low phosphate ✓
Low potassium ✓
Low fat (less than 3g/100g) ✓
Carbohydrate **84g**
Low protein ✓
Low salt ✓
Cost per portion (July 2022) **£1.15**
Energy in kcals **440**