

# Easy Tomato Stir-Fried Eggs

This activity is brought to you by Yifan Gao, one of the Penn Museum's [International Classroom](#) educators. She tells us: "It's the very first dish I learned to make as a kid. It's a staple food and tastes great, especially in the summer when people don't have much appetite, the flavorful dish could refresh your taste buds, and it's a very healthy dish full of nutrition. Every home makes it slightly different. It's a fool-proof dish. Don't worry if you are not strictly following the recipe. Feel free to taste it and adjust it as you like!"

## Ingredients (Makes two servings):

- 2 tomatoes
- 2 eggs
- ¼ teaspoon salt
- 1 tablespoon oil
- 1 teaspoon soy sauce
- Pinch of sugar

*\*Young chefs should ask an adult for help **BEFORE** starting to prepare and cook this recipe.*



**STEP ONE:** Crack the eggs in a bowl and mix it with a whisk/fork so yolk and egg white are combined. Add in the salt.



**STEP TWO:** Cut each tomato into eighths. Turn on the stove for medium heat, and add roughly a tablespoon of oil to the pan.



**STEP THREE:** Add the eggs in the pan and scramble the eggs until cooked. Remove the eggs from the pan and put into a bowl.



# Easy Tomato Stir-Fried Eggs

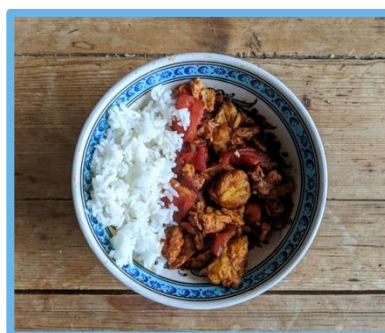
**STEP FOUR:** Add the tomato and cook it until the tomato is soft and there is some juice coming out.



**STEP FIVE:** Add the eggs back to stir-fry. Add a teaspoon of soy sauce and a pinch of sugar. Stir until everything is combined.



**STEP SIX:** Cover with lid for a minute or two so the egg can soak up the flavor of tomato and soy sauce. Adjust the taste with salt and other spice you prefer.



"Then it's ready to eat! I personally love it with steamed rice. What do you like to eat it with?" Tag us on social media @pennmuseum or email [outreach@pennmuseum.org](mailto:outreach@pennmuseum.org).