



Easy Chinese Tomato Egg Noodles

Recipe serves 4.

INGREDIENTS

For the Eggs:

6 large eggs (preferably pasture raised)

1 tsp sesame oil

1 tbsp water

$\frac{3}{4}$ tsp salt

For the Noodles:

1 lb noodle of choice (I use Chinese dry wheat noodles of varying widths)

2 lbs tomatoes, cut into wedges

2-3 scallions, cut thinly (reserve some of the green for garnish)

2 thin slices fresh ginger (optional)

3 cloves garlic, finely minced

1 tbsp sugar, more or less depending on sweetness of tomatoes

1-2 tsp kosher salt, to taste

2 C broth

1 tbsp tamari or soy sauce



Drizzle sesame oil

Neutral oil for cooking (I use avocado oil)

METHOD

Bring a large pot of water to a boil for the noodles.

Heat wok over medium and whisk egg ingredients together in a bowl. Once wok is hot, add a drizzle of oil and pour in egg mixture. Move it around constantly with a spatula as it cooks. Don't overcook. Lift egg out of wok as soon as there is just barely any runniness remaining. Put back into the bowl and set aside.

By now the pot of water should be at a boil. Season water with salt and cook noodles according to package directions. Drain and give noodles a rinse under cold water and allow excess water to drain off. I like rinsing Chinese wheat noodles in cold water as I find it gives them a nicer, more slurp-able mouthfeel. The hot tomato soup will warm everything back up when serving. Toss noodles with a touch of sesame oil if you feel they may stick together. Divide noodles among serving bowls.

Increase heat a little to medium-high. Add another drizzle of oil to the wok and add in ginger slices (if using) and chopped scallions. Stir around and cook for 30 seconds then add minced garlic. Cook for another 30 seconds or until garlic has taken on a bit of colour. Add chopped tomatoes. Stir fry them around to toss and bring to a simmer. Season with salt and sugar. Make sure to taste and season. In particular, the amount of sugar varies depending on time of year and how naturally sweet your tomatoes are. Cook for 2-3 minutes or until tomatoes have softened and released a lot of their juices, but are still intact in visible pieces and not fully cooked into sauce. Add broth and bring to a simmer. Taste again and season with salt as needed depending on sodium content in your broth. Add back the cooked eggs, using your spatula to break it up a bit into bite-sized pieces. Finish with tamari / soy sauce and a drizzle of sesame oil. Ladle over prepared bowls of noodles. Garnish with reserved scallions and enjoy!