



INGREDIENTS

- 6 Eggs
- 1 Teaspoon Oyster Sauce
(or plant-based alternative)
- ½ Teaspoon Chinese-Style
Chicken Bouillon Powder
(or plant-based alternative)
- ½ Teaspoon Salt
- 1 Teaspoon Sugar
- Pinch Ground Black Pepper
- 4 Tablespoons Cooking Oil
- 2 Cups Garlic Chives (sliced)
- 2 Teaspoons Toasted Sesame Oil
- Pinch Japanese Chili Powder
(shichimi togarashi; optional)

DIRECTIONS

1. Crack eggs into a bowl and add oyster sauce, Chinese-style chicken bouillon powder, salt, sugar and ground black pepper. Whisk until well combined and set by the stove.
2. Heat up a frying pan or wok on a high heat and add half of the cooking oil. Once hot, add garlic chives to the pan and stir fry for 30 seconds.
3. After 30 seconds of cooking, transfer the garlic chives to the egg mixture and mix thoroughly.
4. Add the other half of oil to the same pan/wok and pour the egg mixture in. Scramble the egg until almost cooked and then remove it from the heat. (Be careful not to overcook.)
5. Transfer to a serving dish and drizzle with toasted sesame oil and Japanese chili powder (shichimi togarashi).

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

2 Cups

PORTION SIZES

Toddler: ¼ Cup

Preschool: ¼ Cup

School Age: ¼ Cup

Adult: ½ Cup