**Stir-fried Tomato and Eggs**

### TOTAL TIME PREP 3 mins

**18** mins COOK 15 mins

### Ingredients (*makes 4 servings*)

* 4 tomatoes, cut into thin wedges
* 2 eggs, beaten
* 2 tablespoons cooking oil of your choice
* 1 tablespoon soy sauce
* 2 tablespoons sugar
* 2 cloves of garlic, minced
* Salt to taste

### DIRECTIONS

Heat 1 tablespoon oil in pan over medium heat.

Add the eggs, and stir until they are almost solid.

Take out the eggs.

Add remaining oil to the pan, then add the garlic to the heated oil and stir until its aroma is released (less than 5 seconds).

Add the tomatoes and stir fry.

Season with soy sauce and sugar, and cook until the juice is released.

Put the cooked eggs back to the pan.

Toss and serve. (It looks better if sprinkled with some diced green onions)

**Fried Noodles**

### TOTAL TIME PREP 25 mins

**40** mins COOK 15 mins

### Ingredients (*makes 4 servings*)

* 1 pound dried noodles
* 4 ounces carrots, peeled and grated
* 2 ounces mushrooms, thinly sliced
* 8 ounces ham, sliced into ¼-inch strips
* 1 tablespoon soy sauce
* 1 tablespoon dark soy sauce
* ½ teaspoon sugar
* ½ teaspoon sesame oil
* 2 tablespoon olive oil
* 2 cloves of garlic, minced
* 1 cup green onions, bias cut
* Salt to taste

### DIRECTIONS

In a large pot of boiling water, cook the noodles until al dente, about 7 mins.

Rinse the cooked noodles under cold running water and drain well.

Add the soy sauce, dark soy sauce, sugar, & sesame oil to the noodles, toss and mix well. Set aside.

Place a wok/pan over medium heat and add 1 tablespoon olive oil. Add the ham and stir-fry for 1 minute; add the carrots and mushrooms and stir-fry for 3 minutes. Transfer to a platter and return the wok to a high heat.

Add the remaining tablespoon olive oil to the wok, swirling to coat.

Add the garlic, and stir quickly for 5 secs.

Add the noodles to the wok and stir-fry for 2 minutes. Add the green onions and the ham, carrots, mushrooms and stir to heat through.