



Scrambled Eggs with Spiralized Carrots

Ingredients

- 1 carrot, spiralized with SprialEZ
- 1 egg
- 10g green onion (chopped)
- 2 clove garlic (minced)
- white pepper
- 2g salt
- 2ml sesame oil

Step

1. In a mixing bowl, combine the egg with sesame oil, white pepper, and salt.
2. In a pan, add some oil on a medium high heat. Add minced garlic to salute until aromatic and add spiralized carrot.
3. Add the egg mixture to salute until eggs begin to set. Garnish with chopped green onions and ready to serve.



紅蘿蔔絲炒蛋

材料

- 紅蘿蔔 --- 1 個；刨成絲
- 雞蛋 --- 1 個
- 蔥 --- 10 克 (切粒)
- 蒜 --- 2 瓣 (切蓉)
- 白胡椒 --- 少许
- 鹽 --- 2 克
- 麻油 --- 2 毫升

做法:

1. 在碗中將雞蛋，芝麻油，白胡椒和鹽混合打勻。
2. 用中高火燒熱鍋，放入蒜蓉爆香，加入紅蘿蔔絲。
3. 然後倒入雞蛋糊炒至雞蛋成型，撒上蔥花，即成。