



Farm Foo Young

Can be made around Chinese New Year.

Ingredients:

- Vegetables from the garden (cabbage, onions, basil, swiss chard, bean sprouts)
- 6 eggs
- 2 tablespoons oil
- A pinch of salt

What to do:

1. Pick vegetables from the garden.
2. Wash vegetables.
3. Chop into small pieces.
4. Stir fry vegetables in wok.
5. Beat 4 eggs and add to the stir-fried vegetables.
6. Scoop a spoonful of the mixture and cook on the grill in pancake form.