

Sharks Fin Crab Meat and Egg Recipe

Ingredients: Serves 2

50g soaked sharks fin, blanched
50g crab meat, blanched
150g bean sprouts
a little yellow chives, chopped
6 pieces lettuce leaves, cut into round shape
3 eggs
300 ml chicken stock
Dash of salt and ginger juice

Method:

Beat the eggs with salt and set aside. Bring chicken stock to boil, add in bean sprouts, salt and ginger juice. Cook for a short while and dish up. Combine sharks fin, crab meat, bean sprouts, yellow chives and beaten eggs and mix well. Heat up a little oil, pour in egg mixture and stir-fry at low heat until cooked. Put onto lettuce leaves and serve.

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