CHINESE · LUNCH · DINNER

Cantonese Silky Scrambled Eggs with Prawns

15 min · Serves 2 · 409 kcal a serve · Video 5:49 · Spice N' Pans

Pescatarian · Gluten-free ingredients · Dairy-free · Nut-free

Silky scrambled eggs with prawns: about 31 g protein and 3 g net carbs a serve, 65% of the energy from fat, and more than a day's selenium and vitamin B12.

Diet notes: Keto (2.9 g net carbs a serve).

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Ingredients 10 · SERVES 2

- [ ] 10 **prawns**, peeled and deveined (250 g in the shell, 130 g peeled)
- [ ] ⅓ tsp **salt**, for the prawns
- [ ] **white pepper**, a few dashes, for the prawns
- [ ] 6 **eggs**
- [ ] 20 ml **water**
- [ ] ½ tsp **cornflour** (or tapioca starch)
- [ ] ½ tsp **salt**, for the eggs
- [ ] **white pepper**, a few dashes, for the eggs
- [ ] **Canola or vegetable oil**: cooking oil, for the wok (about 1 tbsp for the prawns and 1 tbsp for the eggs)
- [ ] 1 stalk **spring onion**, chopped (optional)

Contains: Crustacea, Egg. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Season the peeled prawns with the ⅓ tsp salt and a few dashes of white pepper and mix well. 1:13
2. Stir the cornflour into the 20 ml water until smooth. Beat it into the eggs with ½ tsp salt and a few dashes of white pepper. 1:44
3. Heat a little oil in a wok over medium heat and fry the prawns just until no grey remains — about 90% cooked. Tip them straight into the bowl of beaten eggs. 2:40
4. Turn the heat to medium or medium-low and add a little more oil. Give the eggs a quick whisk and pour everything in. 3:30
5. Gently push the set egg from the edges towards the middle so the liquid runs underneath; lower the heat if the wok gets too hot. Stop while the eggs are still soft and silky — don't overcook. 3:44
6. Turn off the heat, scatter over the spring onion and slide onto a plate. 4:34

> **Tip** The cook eats it with steamed rice; for keto, serve it with stir-fried greens instead. The cornflour-water mix is what keeps the eggs silky without milk.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
409 kcal	32 g	3.2 g	0.3 g	30 g	1,210 mg
1,710 kJ	63% of a day	2.9 g net · 1.8 g sugars	1% of a day	6 g saturated	53% of a day
		1% of a day		38% of a day	

Energy from net carbs 3% · protein 31% · fat 66% — fits keto: 2.9 g net carbs, 66% of the energy from fat

High in (20%+ of a day) Selenium 131% · Vitamin B12 106% · Omega-3 93% · Vitamin E 31% · Vitamin A 28% · Zinc 23% · Vitamin K 22% · Folate 20%

Source of (10–19%) Vitamin D 17% · Vitamin B6 16% · Iron 12%

⚠ One serve has about 53% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Spice N' Pans (@spicenpans) on YouTube — youtube.com/watch?v=tf_OaIZylSc, published 3 August 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/cantonese-scrambled-eggs-prawns