

## Tomato and Egg Noodles

Serves 2

### Ingredients

- 200 g canned tomatoes, lightly drained and chopped (whole or diced)
  - ½ tsp fresh ginger, finely grated (optional but recommended)
  - 1 tsp brown sugar
  - 1 tsp toasted sesame oil
  - 1 tsp low-sodium soy sauce or coconut aminos
  - 1 scallion, thinly sliced (white and green parts separated)
  - Black pepper, to taste
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- 100 g dried noodles (instant ramen, Chinese wheat noodles, or rice noodles)
  - 2 large eggs
  - 1–1½ T neutral oil (canola or vegetable)



### Instructions

1. In a medium bowl, combine **tomatoes, ginger, sugar, sesame oil, soy sauce**, and the **white parts of the scallion**. Season lightly with **black pepper** and set aside.
2. Bring a pot of water to a boil. **Salt** lightly and cook noodles according to package instructions until just tender. Drain well and set aside.
3. Heat a 24–26 cm skillet over **medium-high heat** for **2 minutes**. Beat **eggs** with a **pinch of salt** and **pepper**.
4. Add **oil** to the pan, pour in **eggs**, and **let sit 10–15 seconds** until the bottom sets. Gently push eggs around the pan for **5–10 seconds** until softly set but still glossy.
5. Transfer **eggs** to the **tomato mixture** and break into large pieces.
6. Add **noodles** and toss gently until evenly coated and warmed through.
7. Divide between 2 bowls and top with the **green parts of the scallion**.

### Nutrition (Per Serving)

Kcal: 420 | Protein: 18 g | Fat: 18 g | Sat. Fat: 4 g | Carbs: 52 g | Sugars: 8 g |  
Fiber: 4 g | Sodium: 720 mg | Omega-3: 0 g

### Optional Tweaks

- Umami boost (low sodium): add ½ tsp tomato paste to the tomato mixture.
- Protein boost: add 1 extra egg (total 3).
- Heat: add red pepper flakes or chili oil at the table.
- Extra aroma: drizzle a few drops of sesame oil just before serving.

## Noodle Options

### Noodle Variations (for 2 servings)

#### 1) Fresh Ramen Noodles

- **200 g fresh ramen noodles** (instead of 100 g dried)

#### Notes:

- Softer bite, more body
- Toss gently to avoid breaking eggs
- Drain very well before adding

#### Nutrition change (per serving):

Kcal: **+40** | Protein: **+2 g** | Fat: **+1 g** | Carbs: **+6 g** | Fiber: **0 g** | Sodium: **+80 mg**  
(varies by brand)

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#### 2) Rice Noodles

- **100 g dried rice noodles** (same weight as base)

#### Notes:

- Lighter texture, cleaner tomato flavor
- Rinse briefly after cooking to remove surface starch

#### Nutrition change (per serving):

Kcal: **-20** | Protein: **-3 g** | Fat: **0 g** | Carbs: **-5 g** | Fiber: **-1 g** | Sodium: **0 mg**

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### Protein Add-Ons

*(Add proteins after eggs are cooked; fold gently.)*

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#### Option A: Tofu

##### Firm or Extra-Firm Tofu

- **200 g tofu**, cut into 1.5–2 cm cubes
- Lightly pan-sear in **1 tsp oil** until golden before adding

#### Notes:

- Neutral, absorbs tomato-sesame flavor well
- Best with rice noodles or wheat noodles
- Keeps dish vegetarian

#### Nutrition change (per serving):

Kcal: **+90** | Protein: **+9 g** | Fat: **+5 g** | Sat. Fat: **+0.5 g** | Carbs: **+2 g** | Fiber: **+1 g** | Sodium: **+10 mg**

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#### Option B: Shrimp

##### Shrimp (Shell-off)

- **150 g raw shrimp**, peeled and deveined
- Season lightly with pepper

- Sauté in pan **30–45 seconds per side** before eggs

**Notes:**

- Adds sweetness and umami
- Pairs especially well with ginger + canned tomatoes
- Reduce soy sauce slightly if shrimp is pre-treated

**Nutrition change (per serving):**

Kcal: **+70** | Protein: **+15 g** | Fat: **+1 g** | Sat. Fat: **0 g** | Carbs: **0 g** | Fiber: **0 g** | Sodium: **+120 mg**

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**Combined Examples (Quick Reference)**

**Rice Noodles + Tofu (Per Serving)**

Kcal: **~490** | Protein: **24 g** | Fat: **23 g** | Carbs: **49 g** | Fiber: **5 g** | Sodium: **~730 mg**

**Fresh Ramen + Shrimp (Per Serving)**

Kcal: **~530** | Protein: **35 g** | Fat: **20 g** | Carbs: **58 g** | Fiber: **4 g** | Sodium: **~920 mg**

**Notes**

- Canned tomatoes provide better consistency and umami than fresh in this dish.
- Keep eggs softly set for best texture.
- Sodium can be further reduced by halving soy sauce and relying on tomato depth.