

ENVIROFIT & The SuperSaver Charcoal Jiko **PRESENT Caribbean Fried Eggs**



Ingredients

- · 2 eggs, lightly beaten
- ½ kg pork, cut into cubes (about 2 ½ cups)
- · 2 tablespoons light soy sauce
- 1 tablespoon barbeque sauce
- · 2 teaspoons sesame oil
- · 2 scallions, chopped



Preparation Method

- 1. Light your Envirofit SuperSaver Charcoal Jiko using little charcoal.
- 2. Add eggs to a large nonstick skillet over medium heat by slightly closing the SuperSaver air regulator. Cook until set and remove to a plate. Cut into strips.
- 3. Over high heat (by opening the SuperSaver air regulator), add onions, soy sauce and barbeque. Stir in eggs and cook, covered, for remaining 7 minutes.
- 4. Remove from heat and stir in sesame oil. Let it stand, covered, for 5 minutes before serving. Garnish with scallions.
- 5. Serve to your family and see them enjoy and want more!

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