When you are tired, try this very easy and nutritious recipe。

番茄 兩小個或一大個,切粒 tomato 1 big one or 2 small ones, cut in cubes

免治瘦豬肉或牛肉 minced lean pork or lean beef 3 oz

(豉油1/2茶匙soya sauce half tsp.

鹽1/2茶匙 salt half tsp.

胡椒粉適量 pepper little) For marinate the meat

雞蛋打混1隻 egg 1, beaten

豆腐（切件）1磚 tofu 1 square

水4- 5杯 water 4 to 5 cups

鹽1/4茶匙 salt 1 quarter tsp.

雞粉Chicken powder 1 quarter tsp.

胡椒粉適量pepper little

製法 Method

1. 免治瘦豬肉/牛肉下醃料醃30分鐘。Marinate beef or pork with soya sauce, salt and pepper.

2. 清水煮沸，放入免治肉，滾5分鐘。Boil water, add in minced meat and cook for 5 minutes.

3. 再放入番茄、豆腐煲5分鐘。Add in tomato and tofu, cook for 5 more minutes.

4. 下調味即成。Add salt, chicken powder and pepper to taste.

5. 蛋打勻，加入熱湯內，拌成蛋花。Pour in beaten egg and stir at the same time, turn off heat. 6. 即可飲用。Serve.