1.Fry mushroom and eggs

Ingredients: mushrooms eggs soy sauce salt chili lettuce

Tips(The amount of mushrooms should be the same as the eggs’)

Procedure:

(1)Clean the mushrooms, and stir eggs until they form soft peaks.

(2)When the oils are hot enough, add the eggs to the pan, stir-fry the eggs for about 6 seconds. Then add the mushroom to the pan. Now you should turn the heat down, slightly stir to make them mix well. Then stop, a few tens of seconds later, stir them, periodically repeat this process. When the mushroom begin to change its color, add a little soy sauce, when the mushroom totally change its color, add a little salt and chili, stir them and you make it!

(3)Cover a dish with some lettuce. Put the delicious food on those lettuce. Enjoy it!