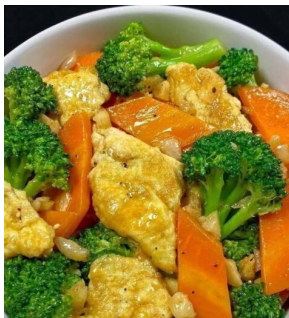


Broccoli and Carrot Scrambled Eggs - A Healthy Stir-Fry Twist

Broccoli and Carrot Scrambled Eggs - A Colorful, Wholesome Stir-Fry



TIME
30 min

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INGREDIENTS

Broccoli - cut into small florets
Carrots - peeled and thinly sliced
Eggs - lightly beaten
Minced garlic
Cooking oil
Salt
Black pepper
Oyster sauce
Soy sauce

Step-by-Step Instructions:

1 Prep the Veggies:

Cut broccoli into small florets and soak in lightly salted water for 10 minutes. Drain and rinse.

Peel and slice carrots into thin rounds or matchsticks.

2 Beat the Eggs:

Crack eggs into a bowl, beat until fully combined, and set aside.

3 Blanch the Vegetables:

Bring a pot of water to a boil. Add a pinch of salt and a splash of oil.

Add broccoli and carrots; blanch for a few minutes until bright and tender-crisp.

Drain and set aside.

4 Scramble the Eggs:

Heat oil in a pan over medium heat. Add the egg mixture and gently scramble until just set. Remove

from pan.

5 Stir-Fry & Combine:

Heat a bit more oil in the same pan. Add minced garlic and stir-fry until fragrant.

Add the blanched broccoli and carrots. Stir-fry for a minute or two.

Return the scrambled eggs to the pan. Add soy sauce, oyster sauce, salt, and black pepper.

Stir everything together until evenly coated and heated through.

6 Serve:

Tips for Success:

Don't overcook the eggs - take them out of the pan once just set for soft, fluffy results.

Blanching the veggies helps them cook faster and maintain color and nutrients.

Add protein: Toss in cooked tofu, chicken, or shrimp for a complete meal.

Use sesame oil for added depth and aroma during the final stir-fry step.

Serving Suggestions & Pairings:

A hot bowl of jasmine rice or brown rice

Stir-fried noodles or a simple miso soup

DIRECTIONS

1. **Prep the Veggies:** Cut broccoli into small florets and soak in lightly salted water for 10 minutes. Drain and rinse.
2. **Peel and slice carrots** into thin rounds or matchsticks.
3. **Beat the Eggs:** Crack eggs into a bowl, beat until fully combined, and set aside.
4. **Blanch the Vegetables:** Bring a pot of water to a boil. Add a pinch of salt and a splash of oil.
5. **Add broccoli and carrots;** blanch for a few minutes until bright and tender-crisp.
6. **Drain and set aside.**
7. **Scramble the Eggs:** Heat oil in a pan over medium heat. Add the egg mixture and gently scramble until just set. Remove from pan.
8. **Stir-Fry & Combine:** Heat a bit more oil in the same pan. Add minced garlic and stir-fry until fragrant.
9. **Add the blanched broccoli and carrots.** Stir-fry for a minute or two.
10. **Return the scrambled eggs to the pan.** Add soy sauce, oyster sauce, salt, and black pepper.
11. **Stir everything together** until evenly coated and heated through.
12. **Serve:** Plate your veggie egg stir-fry hot, with rice, noodles, or on its own.
13. **Tips for Success:** Don't overcook the eggs - take them out of the pan once just set for soft, fluffy results.
14. **Blanching the veggies** helps them cook faster and maintain color and nutrients.

15. Add protein: Toss in cooked tofu, chicken, or shrimp for a complete meal.
16. Use sesame oil for added depth and aroma during the final stir-fry step.
17. Serving Suggestions & Pairings: This dish pairs wonderfully with:
 18. A hot bowl of jasmine rice or brown rice
 19. Stir-fried noodles or a simple miso soup
 20. A refreshing sip of : Blueberry Lemonade
 21. For breakfast or brunch, try pairing with:
 22. 3-Ingredient Egg Wrap for a double protein boost
 23. No-Bake : Monster Cookie Energy Balls as a sweet snack on the side
 24. Chocolate : Chip Oatmeal Breakfast Cookies for meal prep-friendly mornings
25. Storage & Reheating: Fridge: Store leftovers in an airtight container for up to 3 days.

TIPS FOR SUCCESS

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