



## Seafood Mui Fan – Asian risotto – Rice with Seafoo

NIBBLEDISH CONTRIBUTOR

### Ingredients

-2 rice bowls cooked rice

#### *Gravy:*

- medley of frozen seafood (calamari, bay scallops, prawns) , remaining from [here](#); to be thawed before use
- Yu-choy, remaining from [here](#)
- canned straw mushrooms, remaining from [here](#)
- 1/2tsp crushed garlic
- 1/2tsp crushed ginger
- 1-2tbsp oyster sauce
- 1/2cup chicken broth
- drizzle of sesame oil
- 1 eggs, whisked light
- pepper and salt to taste
- oil for cooking
- more water, adjust accordingly

### Instructions

#### *Directions:*

- 1.Heat oil, add in garlic, ginger and saute seafood till cooked. Set aside.
2. There will be some seafood "juices" left in the wok/pan. Add in mushrooms, and vegetables, add in oyster sauce and fry briskly.
- 3.Pour in broth and bring to the boil. Simmer 3mins.
4. Add in the cooked seafood. Season to taste and mix well.
5. After this entire mixture comes to a second simmer, turn off the heat. Add in whisked egg slowly (**Note:** The heat remaining in the wok/pan of cooked ingredients will cook the egg just to smooth and silky.)

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6. Finally, pour the entire gravy on top of the rice. It needs to be intentionally eaten wet!