Sesame Greens & Egg Rice Bowl

A Korean-leaning savoury breakfast of nutty rice, crisp greens and a fried egg.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**10 min**	**15 min**	**2**	**EASY**

Ingredients

- 300 g cooked brown rice
- 200 g tenderstem broccoli (halved lengthways)
- 2 eggs
- 2 tsp sesame oil
- 2 tbsp soy sauce
- 2 tsp sesame seeds
- 1 tbsp vegetable oil

Method

1. Steam or boil the broccoli for 3 minutes, until bright green and just tender. Drain.
2. Toss the warm broccoli with 1 tsp of the sesame oil, half the soy sauce and half the sesame seeds.
3. Warm the rice through in a pan with a splash of water, then stir in the remaining soy sauce and sesame oil.
4. Heat the vegetable oil in a frying pan over a high heat and fry the eggs until the whites are crisp at the edges and the yolks still runny.
5. Divide the rice between two bowls, add the broccoli and top with an egg and the remaining sesame seeds.

Tips & swaps

- Leftover rice from the night before is ideal. Get the pan properly hot for the eggs; the frilly, crisp edge is the best part.

Storage & reheating

Best eaten fresh; components can be prepped ahead.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
380	**15g**	**48g**	**14g**	**5g**

Estimated values, for guidance only. Contains: Egg, Soya, Sesame.