

STIR-FRY RICE BOWL

Preparation: **10** minutes | Cooking: **15** minutes | Servings: **4**

INGREDIENTS

4 large eggs
2 medium carrots, julienned
1 medium zucchini, julienned
3 cups hot cooked brown rice
1 cup bean sprouts
1 cup fresh baby spinach
1/2 cup sliced baby portobello mushrooms
1 tablespoon water
1 tablespoon reduced sodium soy sauce
1 tablespoon chili garlic sauce
1 tablespoon canola oil
1 teaspoon sesame oil



INSTRUCTIONS

In a large skillet, heat canola oil over medium-high heat. Add carrots, zucchini and mushrooms; cook and stir 3-5 minutes or until carrots are crisp-tender. Add bean sprouts, spinach, water, soy sauce and chili sauce; cook and stir just until spinach is wilted. Remove from heat; keep warm. Place 2-3 inches of water in a large skillet with high sides. Bring to a boil; adjust heat to maintain a gentle simmer. Break cold eggs, one at a time, into a small bowl; holding bowl close to surface of water, slip egg into water. Cook, uncovered, 3-5 minutes or until whites are completely set and yolks begin to thicken but are not hard. Using a slotted spoon, lift eggs out of water. Serve rice in bowls; top with vegetables. Drizzle with sesame oil. Top each serving with a poached egg.