

Rice Bowl with Fried Egg and Avocado Recipe | Bon Appetit

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Brown rice—higher in fiber and other nutrients than its white counterpart—is the perfect vehicle for this quick, protein-heavy lunch.

Ingredients

4 scallions, thinly sliced
2 cups cooked brown rice
1 teaspoon red wine vinegar
Kosher salt, freshly ground pepper
3 tablespoons olive oil
4 large eggs
1 avocado, chopped
Hot sauce (for serving)

Method

1. Mix scallions, rice, and vinegar in a small bowl; season with salt and pepper.
2. Heat oil in a nonstick skillet over medium-high heat. Crack eggs into skillet; season with salt and pepper and cook until whites are set around the edges, about 1 minute. Flip eggs and cook to desired doneness, about 30 seconds for a runny yolk.
3. Divide rice among bowls; top with eggs, avocado, and hot sauce.

Prep

- Active: 5 Minutes
- Total Time: 10 Minutes

Source: Bon Appetit (4 servings)