

Taste of Home



# Stir-Fry Rice Bowl

★★★★☆

*My meatless version of Korean bibimbap is tasty, pretty and easy to tweak for different spice levels. —Devon Delaney, Westport, Connecticut*

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**TOTAL TIME:** Prep/Total Time: 30 min.

**YIELD:** 4 servings.

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## Ingredients

1 tablespoon canola oil

2 medium carrots, julienned

1 medium zucchini, julienned

1/2 cup sliced baby portobello mushrooms

1 cup bean sprouts

1 cup fresh baby spinach

1 tablespoon water

1 tablespoon reduced-sodium soy sauce

1 tablespoon chili garlic sauce

4 large eggs

3 cups hot cooked brown rice

1 teaspoon sesame oil

## Directions

**1.** 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.

**2.** Place 2-3 in. of water in a large skillet with high sides. Bring to a boil; adjust heat to maintain a gentle simmer. Break cold eggs, 1 at a time, into a small bowl; holding bowl close to surface of water, slip egg into water.

- 3.** 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.
  - 4.** Serve rice in bowls; top with vegetables. Drizzle with sesame oil. Top each serving with a poached egg.
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