



# Korean-Inspired Egg Rice

## Ingredients

- 2 eggs
- 1/2 cup brown rice, cooked
- 1 TBSP soy sauce
- 1 tsp sesame oil
- Sesame seeds
- Kimchi (optional)
- Seaweed snacks (optional)

## Directions:

1. Cook brown rice according to box instructions
2. In a skillet over low-medium heat, cook two eggs to desired doneness
3. Add brown rice to a bowl, Transfer eggs from skillet to rice bowl
4. Season with soy sauce, sesame oil, and sesame seeds; Optional to serve with kimchi and dried seaweed snacks
5. Enjoy!

## Equipment

Skillet  
Spatula  
Bowl

Cost: \$

Ease: 

**Health Benefit:** Eggs are an excellent source of protein and fat. This helps you feel fuller for longer. Brown rice is a complex carb that provides energy and fiber for bowel health.

Fare  Meals  
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