

# Eggs & Rice Breakfast Bowl

7 ingredients · 50 minutes · 3 servings



## Directions

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1. Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 30 to 35 minutes or until water is absorbed. Remove lid, season with sea salt and fluff with a fork.
2. Meanwhile, bring a medium pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium-high. Set your timer for 8 minutes. Use a spoon to remove the eggs from the pot and run under cold water before peeling.
3. In a skillet over medium-low heat, add coconut oil and sauté the spinach until just wilted.
4. Scoop the rice into a bowl and top with eggs, spinach and sliced avocado. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Season with chili flakes or hot sauce. Cook the rice with chicken or vegetable broth instead of water.

### Make it Vegan

Omit the eggs and use a tofu scramble instead.

### Meal Prep

Make a large batch of all ingredients and store each serving in separate airtight containers.

## Ingredients

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- 1 cup Brown Rice
- 1 3/4 cups Water
- 1/4 tsp Sea Salt
- 6 Egg
- 1/2 tsp Coconut Oil
- 4 cups Baby Spinach
- 1 Avocado (sliced)