



Brown rice poke bowl with vegetables, mushrooms and sesame seeds

Ingredients (serves 2)

- 120 g brown rice
- 150 g mushrooms (mushroom and shiitakes)
- 2 radishes
- ¼ red cabbage
- 100 g spinach
- 2 quail eggs
- Extra virgin olive oil
- Toasted sesame seeds
- Fresh chives
- Salt (skip in case of hypertension or fluid retention)

Method

1. Cook the rice following the instructions on the package. Cool and set aside.
2. Wash the spinach, mushrooms and cabbage and strain. Sauté the vegetables in a pan with a few drops of virgin olive oil.
3. Clean the radishes and cut into very thin slices.
4. Spoon the cooked rice into a bowl. Spoon the vegetables and the mushrooms over the rice.
5. Top the bowl with the fried quail egg.
6. Season the bowl with salt, toasted sesame seeds, and chopped chives. Serve.