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Japanese Chicken-Scallion Rice Bowl

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Ingredients

- ❖ 1 1/2 cup(s) rice, brown, instant
- ❖ 1 cup(s) broth, reduced-sodium chicken
- ❖ 1 1/2 tablespoon sugar, granulated
- ❖ 2 tablespoon soy sauce, reduced-sodium
- ❖ 1 tablespoon mirin (sweet rice wine)
- ❖ 2 large egg white(s)
- ❖ 1 large egg(s)
- ❖ 8 ounce(s) chicken, breast, boneless, skinless, cut into 1/2-inch pieces
- ❖ 6 whole scallion(s) (green onions), trimmed and thinly sliced

Preparation

1. Prepare instant brown rice according to package directions.
2. Pour broth into a heavy medium saucepan, along with sugar, soy sauce and mirin. Bring to a boil; reduce heat to medium-low.
3. Stir egg whites and whole egg in a small bowl until just mixed. Add chicken to the simmering broth. Gently pour in the egg mixture, without stirring. Sprinkle scallions on top. When the egg starts to firm up, after about 3 minutes, stir it with chopsticks or a knife. (The chicken will be cooked by now.) Divide the rice among 4 deep soup bowls and top with the chicken mixture.

