



Globally Inspired Flavor Solutions®

## Harissa Brown Rice Bowl with Poached Eggs

**Yield:** 4 servings

INGREDIENTS	MEASUREMENTS	NUTRITION FACTS <i>(per serving)</i>
Brown rice	1 cup	Calories 380 Fat 18g Cholesterol 185mg Sodium 660mg Carbohydrate 43g Fiber 5g Sugars 2g Protein 13g
SupHerb Farms Fusions® North African Harissa Paste	1/4 cup	
Lemon juice	2 tbsp	
Olive oil	1 tbsp	
Salt and pepper	3/4 tsp	
Vinegar	1 tbsp	<b>DIETARY STATEMENTS</b> Vegetarian Free of Dairy Free of Nuts Vegetarian
Eggs	4	
Ripe avocado, pitted, peeled and sliced	1	
Alfalfa sprouts, washed	2 cups	
Halved cherry tomatoes	1 cup	

### PREPARATION

1. Cook brown rice according to package directions. Toss with harissa paste, lemon juice, olive oil and 1/2 tsp each salt and pepper.
2. Add vinegar to shallow saucepan of simmering water. Crack one egg into small bowl. Slip eggs, one at a time, into water. Stir to keep water moving.
3. Cook for 3 minutes for soft-poached eggs and 5 minutes for medium. Remove with slotted spoon onto paper towel-lined plate.
4. Divide rice between 4 bowls. Top with sliced avocado, alfalfa sprouts and tomatoes.
5. Top each serving with poached egg; season with salt and pepper.

### TO SERVE

Serve immediately with hot sauce, if desired.

