

## Creamy egg and chicken rice bowls

★★★★★ 5.0 | 3 ratings



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By Ping Coombes

A protein-packed dish brimming with Japanese flavours like dashi, mirin and soy.

Each serving provides 479 kcal, 44.1g protein, 26.8g carbohydrate (of which 7.5g sugars), 21g fat (of which 5.3g saturates), 1.3g fibre and 4.11g salt.

### Ingredients

#### For the rice bowl

150g/5½oz sushi rice  
2 chicken thighs, skin removed and boneless, cut into 2.5cm/1in cubes  
3 large free-range eggs, at room temperature  
handful fresh coriander, roughly chopped  
1 tsp vegetable oil

### Method

1. To make the rice bowl, rinse the rice twice with cold water and place in a saucepan. Make sure the rice is level and place your little finger on top of the rice. Fill with cold water until it reaches your first knuckle.
2. Bring to the boil over a high heat. Turn the heat down to medium and cook until there are grains of rice emerging at the top and bubbles forming, with most of the water gone. Cover and turn the heat down to the lowest setting. Leave to cook for 8 minutes. Turn the heat off completely and leave the lid on until ready to serve.

### Prepare

Less than 30 mins

### Cook

10 to 30 mins

### Serve

Serves 2

### Dietary

Dairy-free | Nut-free |  
Pregnancy-friendly

1 small onion, thinly sliced

salt

pickled ginger or any pickled vegetables of your choice, to serve (optional)

### **For the broth**

2.5g dashi stock powder (approximately ½ tsp) or 1 tsp chicken stock powder

40ml/1½fl oz soy sauce

40ml/1½fl oz mirin

1 tsp sugar (any type)

3. Season the chicken with salt and set aside.
4. Crack the eggs into a bowl. Add the coriander and lightly beat the eggs. Set aside.
5. To make the broth, mix all the ingredients and 100ml/3½fl oz water in a bowl. Set aside.
6. Heat the oil in a small frying pan and cook the chicken until golden-brown all over and cooked through. Remove from the pan and set aside.
7. Pour the broth into the pan that was used for the chicken. Add the onion, bring to the boil and cook for 2 minutes. Reduce the heat to medium (so the broth is gently simmering) and add the chicken pieces, dotting them around the pan. Cook for 1–2 minutes.
8. Carefully pour the egg mixture around the chicken in the pan (use a spoon to guide it) and cook for 2–3 minutes. The eggs should be just set and still slightly runny, creating a creamy omelette texture.
9. Divide the rice between two bowls. Spoon the chicken and egg mixture on top of the rice and serve with the pickled ginger, if using.