

Quick Veggie Stir-Fry Bowl - Guiding Stars

Prep Time	Cook Time	Servings
30 Minutes	25 minutes	4

Topping a quick stir-fry with an egg is a great way to make sure it's a filling, satisfying meal. Any combination of vegetables you have on hand will pair nicely with your favorite hot sauce—use this recipe as a basic template to use up your leftover veggies nicely.



Ingredients

- 2 c. brown rice, cooked
- 2 T. olive oil
- 2 baby bok choy, halved
- 1 c. spinach, roughly chopped
- 2 c. red cabbage, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 green bell pepper, thinly sliced
- 1 c. carrot, shredded
- 2 t. sesame oil
- 2 t. chili garlic sauce
- 1 t. garlic powder
- 4 eggs
- Salt and ground black pepper to taste

Directions

1. In a large skillet, heat olive oil over medium heat. Add bok choy and 2 teaspoons water. Cover and cook until bok choy is tender and leaves are wilted. Remove from pot and set aside.
2. Add spinach, cabbage, bell pepper, carrots, sesame oil, chili garlic sauce and garlic powder and sauté until vegetables are softened and spinach is wilted.
3. Add bok choy back to skillet. Add salt and pepper to taste.
4. While vegetables are cooking, heat a non-stick pan over medium heat. Drop eggs into pan gently. Turn the heat to low, cook the eggs until whites are set. Gently flip each egg and cook to desired doneness.
5. Layer bowls with rice and veggies, topping each with a fried egg.

Nutrition Facts

Serving Size: Calories: 0 Total Fat: 0g Saturated Fat: 0g Trans Fat: 0g Cholesterol: 0mg Sodium: 0mg Carbohydrates: 0g Fiber: 0g Sugars: 0g Protein: 0g Vitamin A: % Vitamin C: % Calcium: % Iron: %

Recipe by Guiding Stars at <http://guidingstars.com/recipes/quick-veggie-stir-fry-bowl/>
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