

# Caribbean Crab and Mushroom Breakfast Bowl

Start your day with a taste of the Caribbean in this healthy and flavorful breakfast bowl featuring crab, mushrooms, rice, spinach, and tomatoes.



Breakfast Dish

Caribbean

**15 min**

Total time

**Easy**

Difficulty

**300**

kcal / serving

## Ingredients

- Ingredients for 1 person:
- 100g crab meat
- 4-5 button mushrooms, sliced
- 1/2 cup cooked rice
- 1 cup fresh spinach
- 1 tomato, diced
- Salt and pepper to taste
- 1 tablespoon olive oil
- Optional: hot sauce for serving

## Steps

- Steps:
- Heat olive oil in a pan over medium heat.
- Add mushrooms and sauté until they start to brown.
- Add crab meat to the pan and cook for 2-3 minutes, stirring occasionally.
- Add cooked rice and mix well to combine.
- Add spinach and cook until wilted.
- Season with salt and pepper to taste.
- Remove from heat and transfer the mixture to a serving bowl.
- Top with diced tomatoes.
- Serve hot with a dash of hot sauce if desired.