

# Japanese Lamb and Egg Rice Bowl

This unique Japanese-inspired rice bowl combines tender lamb, fluffy eggs, and savory onions, all brought together with fresh tomatoes for a vibrant dish. It's simple yet packed with flavor, making it a delightful main dish for any meal.



Main Dish

Japanese

20 min

Total time

easy

Difficulty

520

kcal / serving

### Nutrition per serving (estimated)

Protein 25 g

Carbs 47 g

Fat 24 g

Fiber 3 g · Sugar 5 g · Sodium 900 mg

### Ingredients

- 100g lamb, minced
- 1 egg
- 1/2 onion, finely chopped
- 1 medium tomato, diced
- 100g cooked rice
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- Salt and pepper to taste
- Chopped green onions for garnish

### Substitutions

**Minced lamb** – Minced beef

**Green onions** – Finely sliced chives

**Sesame oil** – Neutral cooking oil

### Steps

- 1 In a skillet, heat the sesame oil over medium heat. Add the chopped onions and sauté until translucent.
- 2 Add the minced lamb to the skillet, cooking until browned, about 5-7 minutes.
- 3 Stir in the diced tomatoes and soy sauce, cooking for an additional 3-4 minutes until the tomatoes soften.
- 4 In a separate bowl, beat the egg with a pinch of salt and pepper. Push the lamb mixture to one side of the skillet and pour the egg into the other side, scrambling gently until just set.
- 5 Serve the lamb and egg mixture over a bed of cooked rice, garnished with chopped green onions.

### Chef's tips

- A glossy, lightly saucy lamb mixture and softly set egg are good cues; avoid cooking the egg until dry.
- Use a wide skillet so the lamb browns rather than steams, and keep the rice warm while preparing the topping.
- Dice the tomato evenly so it softens at a similar pace; add the green onion just before serving for a fresh finish.

**Drink pairing**

**A dry, crisp sake**

Its clean, delicate character complements the savory lamb and soy while balancing the soft egg and bright tomato.

0% option: Chilled green tea

**Storage**

Refrigerate leftovers within 2 hours in a covered container and use within 3–4 days. Reheat until steaming hot; the egg may become firmer.

**Frequently asked questions**

**Can I prepare this ahead?**

For the best texture, cook the lamb mixture and egg close to serving. You can chop the onion and tomato ahead and refrigerate them separately.

**How can I tell when the lamb is done?**

It should be browned throughout with no raw-looking spots; break up larger clumps so it cooks evenly.

**What rice works best for the bowl?**

Short- or medium-grain Japanese-style rice gives a tender, cohesive base, though any cooked rice works.