

Savory Egg and Rice Flake Bowl

A quick and nutritious bowl combining fluffy scrambled eggs with crunchy rice flakes, perfect for breakfast or a light meal.

This dish is packed with protein and flavor, providing a delightful start to your day.


10 min

Total time

easy

Difficulty

230

kcal / serving

Ingredients

- 1 large egg
- 1/4 cup rice flakes
- 1 tablespoon olive oil
- Salt to taste
- Pepper to taste
- 1 tablespoon chopped green onions (optional)
- 1 teaspoon soy sauce (optional)

Steps

- 1 Heat the olive oil in a non-stick pan over medium heat.
- 2 In a bowl, beat the egg and season with salt and pepper.
- 3 Pour the beaten egg into the heated pan and scramble until fully cooked.
- 4 Add the rice flakes to the pan and stir to combine, cooking for an additional 1-2 minutes until heated through.
- 5 If using, drizzle with soy sauce and sprinkle with chopped green onions before serving.