

Karen Martini's healthy rice bowl with cherry tomatoes, avocado & egg

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Tuck into this delightful rice bowl by the one and only Karen Martini.

Ingredients (Serves 4)

Play with the ingredients for versions of this simple and fresh salad by adding pickled ginger, pickled seaweed or puffed rice, and some shredded chicken from a leftover roast chook.

- 4 extra-large eggs, at room temperature
- 300 g jasmine or basmati rice, cooked and kept warm
- 20 tiny cherry tomatoes (halved if larger)
- 1 punnet of shiitake mushrooms, trimmed and very finely sliced
- 5 asparagus spears, finely sliced into ribbons
- 1 avocado, cut lengthways into 5-mm-thick slices
- 3 tbsp furikake
- 4 spring onions, white and pale green parts only, very finely sliced
- Coriander micro greens (or shredded shiso leaves), to serve (optional)
- Sesame oil, to serve

Dressing

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- 80 ml Japanese rice wine vinegar
- 3 tbsp mirin
- 2 tbsp extra-virgin olive oil
- 1 ½ tsp sesame oil
- 2 pinches of ground white pepper

Method

Cook the eggs in boiling water for 6 minutes. Refresh in cold water and peel.

Combine the dressing ingredients in a bowl. Dress the warm rice with a third of the dressing and portion into serving bowls.

Add the tomatoes and mushrooms to a bowl and dress with half the remaining dressing. Arrange the tomatoes, mushrooms and asparagus on top of the rice.

Coat the avocado slices in the furikake and arrange on top of the rice. Add an egg to each bowl and sprinkle over the spring onion and micro greens (if using). Finish with a few drops of sesame oil and the remaining dressing and serve.

Food Photography: **Mark Chew**

Recipes: **Karen Martini**

NEXT: Read [Karen Martini's](#) full cover story and find more healthy superfood recipes in the February 2017 edition of [nourish magazine](#).

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