

Ingredients

- 2 x 250g pkts 7 Ancient Grains microwave rice mix (or microwave brown rice and quinoa mix)
- 300g mixed mushrooms (halved, if large)
- 350g pkt Australian superfood vegetable mix
- 1 1/2 tbsp gluten-free tamari
- 4 eggs



Directions

Step 1

- Heat the rice following the packet directions.
- Set aside.

Step 2

- Heat a lightly oiled wok over high heat.
- Stir-fry the mushrooms for 5 minutes or until softened and golden.
- Season.
- Transfer to a plate. Reduce heat to medium-high. Stir-fry the vegetable mix for 3 minutes.
- Add the tamari and warmed rice.
- Return mushrooms to wok and stir-fry for 2-3 minutes or until rice is heated through.

Step 3

- Meanwhile, heat a lightly oiled large non-stick frying pan over medium heat.
- Add the eggs and cook for 3-5 minutes or until the whites are just set.

Step 4

- Divide the rice mixture among serving plates and top each with a fried egg.

