



DropChef **Black Rice and Avocado Salad with Soft Boiled Egg**

In ancient China, it's said that black rice was considered so unique and nutritious that it was forbidden for all but royalty. These days black rice is available for everyone to enjoy and so it should be - black rice contains protective anthocyanins as well as lutein and zeaxanthin, two carotenoids known for protecting eye health from harmful UV radiation!

Ingredients

- Black Rice
- Avocado
- Eggs
- Chickpeas
- Coriander
- Spring Onions
- Cherry Tomatoes
- Dressing Mix
- Soy Sauce
- Sesame Oil
- Miso
- Maple syrup

Your Pantry

Nutritional Info

Calories: 564kcal
 Carbohydrates: 83.7g
 Protein: 20.6g
 Fat: 16.7g

Allergens


Eggs (Egg)
Wheat (Dressing/Soy Sauce)
Soybean (Dressing/Miso/Soy Sauce)
Sesame (Sesame Oil/Dressing)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Boil the kettle

2) Cook the rice

Rinse the rice under cold water then add to a saucepan of boiling water. Cook for 30-35 minutes or until tender. Drain and set aside to cool. While the rice is cooking....

3) Prepare the vegetables

Cut the avocado in half and remove the stone. Remove the peel and cut into small cubes. Finely slice the spring onion and cut the cherry tomatoes in half. Finely chop the fresh coriander. Drain the chickpeas.

4) Boil the eggs

Place a pot of boiling water on medium heat and gently lower the eggs into the pan. Boil the eggs to your liking then drain and plunge into a pot of cold water. (based on eggs stored at room temp - add 2 minutes if refrigerated):

5 minutes: set white and runny yolk

6 minutes: viscous yolk

7 minutes: almost set

8 minutes: softly set

10 minutes: the classic hard-boiled egg

5) Create your bowl and serve!

In a large bowl, combine the cooled rice with the vegetables, chickpeas, and dressing. Peel the eggs and cut them in half. Serve in bowls, laying the egg over the top.



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