

RECIPE | TOMATOES



POACHED EGG BUDDHA BOWLS



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POACHED EGG BUDDHA BOWLS



20 min

20 min | **0 min**
PREP. | COOKING



2



easy

INGREDIENTS

1 dry pint Pure Flavor® Tiki Tomatoes™
2 large eggs, poached
2 cups brown rice, cooked according to package
½ cup ricotta cheese
2 tbsp olive oil

2 tbsp lemon juice
2 tbsp pickled artichoke hearts
Mint leaves for garnish
Salt & pepper, to taste

DIRECTIONS

- 1 Whisk together oil, lemon juice, and salt & pepper to taste.
- 2 Slice tomatoes in half and chop artichoke hearts.
- 3 Divide rice, tomatoes, ricotta, and artichokes between 2 bowls and drizzle with dressing.
- 4 Transfer poached egg to each of the bowls and season with salt & pepper taste. Garnish with mint leaves and serve immediately.