# Tomato Rice with Crisp Egg Ribbons

4 bowls of tomato rice with one quarter of the egg ribbons each · Active 20 min · Total 45 min

Skills: Easy

## Ingredients

- 1 small onion, finely diced (100 g)
- 2 tablespoons neutral oil (30 ml), divided equally between rice and eggs
- 2 garlic cloves, minced (6 g)
- 1 can crushed tomatoes (14 oz/400 g)
- 1 1/4 cups long-grain white rice, rinsed and well drained (250 g dry)
- 1 1/4 cups water (300 ml)
- 3/4 teaspoon fine salt (4.5 g), divided: 1/2 teaspoon for rice and 1/4 teaspoon for eggs
- 1/2 teaspoon sweet paprika (1 g)
- 6 large eggs (300 g without shells)
- 1/4 teaspoon ground black pepper (0.5 g)

## Set out

Lidded medium saucepan, 10-inch/25 cm nonstick skillet, Bowl and whisk, Clean board

## Allergens

Egg. Check labels and substitutions.

## Make it

**1.** Heat 1 tablespoon oil in the saucepan over medium heat. Cook onion for 6 minutes; stir in garlic for 30 seconds. Add tomatoes and paprika and simmer uncovered for 4 minutes.

**2.** Stir in rice, water and 1/2 teaspoon salt. Bring to a simmer, cover, reduce to low and cook for 18–20 minutes until the rice is tender and the liquid absorbed. Remove from heat and rest covered for 10 minutes.

**3.** Meanwhile, whisk eggs with remaining salt and pepper. Heat half the remaining oil in the skillet over medium heat. Pour in half the eggs, tilt to a thin layer and cook for 2–3 minutes. Turn carefully and cook for 30–60 seconds until fully set and 160°F/71°C. Slide onto a clean board; repeat with remaining oil and eggs.

**4.** Rest omelets for 2 minutes, roll loosely and slice into ribbons about 1/2 inch/1.3 cm wide. Fluff rice, divide into four bowls and add one quarter of the ribbons to each.

## Cook the amount you will actually use

Four portions can cover dinner and a planned second meal. Divide the second meal into its shallow container before sitting down and refrigerate promptly. A large pot left on the stove after dinner is not a useful form of meal preparation.

## A useful detail

If the rice is still firm when the pan looks dry, add 2 tablespoons hot water, cover and cook for another 3–5 minutes. The package rice directions may require a small adjustment.

## Keep it well

Cool rice and eggs promptly in shallow portions and refrigerate as quickly as possible, ideally within 1 hour. Keep at 40°F/4°C or below and eat within 24 hours of cooking. Reheat only the portions needed, once, to 165°F/74°C throughout; do not cool and reheat them again. Pack cold portions with two cold sources and do not hold rice at room temperature.