



## Akari's Recipe

# Soft Egg Blanket Rice Bowl

### Ingredients (Serves 1)

- 2 eggs
- 2 slices of ham or bacon (0.6–0.7 oz / 18–20 g)
- 3 Tbsp water
- ½ tsp soy sauce
- 1 pinch of salt
- 2 tsp sesame oil
- 1 serving of cooked rice
- Dried parsley, to taste
- Chopped anchovies, or diced tomato with Parmesan cheese, optional



## Instructions



**1. Prepare the Egg Mixture**  
Finely chop the ham. Crack the eggs into a bowl and beat them. Add the ham, water, soy sauce, and a pinch of salt, and whisk well to combine.



**2. Add the Egg Mixture and Cook**  
Heat sesame oil in a small frying pan (around 7 inches / 18 cm in diameter) over medium heat. Pour in the egg mixture and cook quickly into a flat, even layer.



**3. Drape Over the Rice**  
Serve the rice in the plate. Gently lay the cooked egg on top, draping it over the rice like a cozy blanket.



**4. Finish and Serve**  
Finish with a crack of black pepper and any of the optional toppings you like.

### Tips:

- Bacon can be substituted for the ham.
- Try mixing a little cheese into the egg for a richer flavor.