Prep time: 10 minutes
Cook time: 25 minutes
Total time: 35 minutes
Intensity: Easy–Moderate (two pans in parallel; basic multitasking)

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Ingredients

For the beef and rice:

- 1 lb (450 g) lean ground beef (90/10)
- 1 cup long-grain white rice, rinsed

- 2 cups low-sodium beef broth (or water)
- 1 tbsp olive oil
- 1 small yellow onion, finely diced
- 3 cloves garlic, minced
- 1 tbsp soy sauce (or coconut aminos)
- 1 tsp smoked paprika
- ½ tsp ground cumin
- ½ tsp dried oregano
- ½ tsp fine sea salt
- ¼ tsp freshly cracked black pepper

For the eggs:

- 4 large eggs

- 1 tbsp butter or olive oil
- Pinch of salt and pepper

For the bowl toppings:

- 1 cup cherry tomatoes, halved
- 1 cup shredded red cabbage (or lettuce)
- 1 small cucumber, thinly sliced
- 2 scallions, thinly sliced
- 1 tbsp sesame seeds, toasted
- Pickled jalapeños or kimchi (optional)

For the sriracha-yogurt drizzle:

- ½ cup plain Greek yogurt (2% or whole)
- 1 tbsp sriracha (adjust to taste)

- 1 tsp honey or maple syrup
- 1 tsp fresh lime juice
- Pinch of salt

Equipment

- Medium saucepan with lid
- Large skillet
- Small nonstick skillet
- Small mixing bowl
- Instant-read thermometer (optional)
- Meal-prep containers (optional)

Instructions

Step 1 — Cook the rice (18–20 minutes | Intensity: Low)

Rinse the rice under cold water until the water runs clear — this removes surface starch and keeps the grains separate. Combine the rice and beef broth in the saucepan and bring to a rolling boil over high heat (about 400°F / 205°C). Reduce the heat to low (about 200°F / 93°C), cover, and simmer 15–18 minutes until the liquid is absorbed. Do not lift the lid during cooking. Remove from heat and let steam, covered, 5 minutes, then fluff with a fork.

Step 2 — Brown the beef (8–10 minutes | Intensity: Medium-High)

While the rice cooks, heat the olive oil in the large skillet over medium-high heat (about 375°F / 190°C). Add the diced onion and cook 3–4 minutes until softened and translucent. Add the ground beef and cook 5–6 minutes, breaking it into crumbles with a wooden spoon, until no pink remains and the edges are browned. Don’t stir constantly — let the beef sit in an even layer for a minute at a time to develop color. Drain excess fat if needed.

Step 3 — Season the beef (1–2 minutes | Intensity: Medium)

Add the garlic and cook 30 seconds until fragrant. Stir in the soy sauce, smoked paprika, cumin, oregano, salt, and pepper. Cook 1 minute more, tossing to coat evenly. Taste and adjust seasoning. Keep warm over low heat.

Step 4 — Mix the drizzle (2 minutes | Intensity: Low)

In the small bowl, whisk the Greek yogurt, sriracha, honey, lime juice, and salt until smooth and pourable. If it’s too thick, loosen with 1 tsp water at a time. Set aside — or refrigerate up to 3 days.

Step 5 — Fry the eggs (3–4 minutes | Intensity: Medium)

Heat the butter in the small nonstick skillet over medium heat (about 325°F / 165°C) until foaming. Crack in the eggs and cook 2–3 minutes for a runny yolk (or 3–4 minutes for set), spooning hot butter over the whites. Season with salt and pepper. Fry in batches of two if your pan is small — crowding steams the eggs instead of crisping the edges.

Step 6 — Assemble the bowls (3 minutes | Intensity: Low)

Divide the rice among 4 bowls (about ¾ cup each). Top with the seasoned beef (about ¾ cup each), then arrange the cherry tomatoes, shredded cabbage, cucumber, and scallions around the edge. Slide a fried egg onto each bowl and sprinkle with sesame seeds. Drizzle the sriracha-yogurt sauce over the top.

Step 7 — Serve (Immediately | Intensity: None)

Serve warm, breaking the yolk into the rice and beef as you eat. For meal prep, store components separately and assemble fresh — reheat the rice and beef, and fry the egg just before serving.

Chef’s Notes & Troubleshooting

- Rice mushy? Too much water or the lid was lifted. Use a 1:2 rice-to-liquid ratio and keep it covered.
- Beef bland? Lean beef needs seasoning — taste after Step 3 and add salt or a splash of soy sauce. A teaspoon of Worcestershire deepens the flavor.
- Eggs sticking? Use a genuine nonstick pan and enough butter. Let the pan heat fully

before adding eggs.

- Yogurt sauce splitting? Use full-fat Greek yogurt and whisk in the lime juice last.
- Make it lower-carb: Swap rice for cauliflower rice and reduce the cooking time to 5 minutes.
- Make it meal-prep friendly: Portion rice and beef into 4 containers; refrigerate up to 4 days. Fry eggs fresh.
- Boost the protein further: Add ½ cup cottage cheese to the bowl, or swap half the rice for quinoa.

Nutrition (per bowl — 1 of 4, as written including egg and sauce)

Nutrient	Amount
Calories	~620 kcal
Protein	41 g
Total Fat	24 g
— Saturated Fat	8 g
Carbohydrates	57 g
— Fiber	4 g
— Sugars	8 g
Cholesterol	245 mg
Sodium	~760 mg