

# Farro and Barley "Fried Rice" Breakfast Bowl

## Ingredients

¼ C. Farro  
¼ C. Brown Rice  
¼ C. Barley  
¼ C. Chopped Broccoli  
¼ C. Carrot Diced Small  
1/8 C. Edamame  
¼ C. Frozen Peas  
1 tsp. Minced Fresh Ginger  
¼ tsp. Sambal Chili Garlic Sauce  
1/8 C. Fresh Thai Basil Chopped  
1 Scallion thinly sliced  
1 Large Egg  
Tbsp. Greek Yogurt  
¼ tsp. Sriracha  
2 Tbsp. Sesame Oil  
1 tsp. white vinegar  
Soy Sauce to taste



## Instructions

Cook farro, barley, and brown rice according to package directions. Spread out on a cookie sheet and allow to cool in refrigerator. Place a small sauce pan with 4 cups of water on medium low heat. While the water heats place an 8 inch sauté pan or wok on the stove to heat. Add about a tsp. of white vinegar to the pot of water. When the water gets to between 170 and 180 degrees use a slotted spoon to swirl the water in the pot. Add the egg to poach. While the egg is cooking add the sesame oil to the heated sauté pan. Oil should be hot but not smoking. Add carrots and broccoli to the pan and stir quickly for about one minute or until crisp but tender. Add ginger, edamame, and chili sauce and cook an additional minute. Toss in farro, barley, rice, and peas. Season to taste with soy sauce. When the entire dish is hot throughout toss in Thai basil. The poached egg should be finished at this point. About 6-7 minutes for a soft yolk. Remove the egg from the water and place on a dry towel. Pour fried rice into a bowl and top with the poached egg. Mix the yogurt and sriracha and add a small spoonful next to the egg. Garnish with scallion.