

# DINNERLY



## Oyakodon: Japanese Chicken & Egg Rice Bowl

with Spinach



ca. 20min



2 Servings

What came first, the chicken or the egg? In this dish, it's both! Oyakodon means "parent and child rice bowl." The parent (chicken breast strips) and child (scrambled eggs) mix it up with spinach and onions simmered in a flavorful broth. This protein-packed meal fills you up without weighing you down—perfect for the whole family (wink, wink). We've got you covered!

### WHAT WE SEND

- 5 oz sushi rice
- 1 yellow onion
- 2 scallions
- 2 oz teriyaki sauce <sup>1,6</sup>
- ¼ oz hondashi <sup>4</sup>
- ½ lb pkg chicken breast strips
- 5 oz baby spinach

### WHAT YOU NEED

- kosher salt
- 2 large eggs <sup>3</sup>

### TOOLS

- fine-mesh sieve
- small saucepan
- medium nonstick skillet

### ALLERGENS

Wheat (1), Egg (3), Fish (4), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

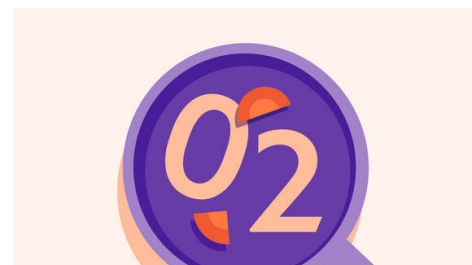
### NUTRITION PER SERVING

Calories 510kcal, Fat 9g, Carbs 70g, Protein 40g



#### 1. Cook rice

In a fine mesh sieve, rinse **rice** until water runs clear. In a small saucepan, combine **rice, 1 cup water**, and **½ teaspoon salt**. Bring to a boil over high heat. Reduce heat to low, cover, and cook until rice is tender and water is absorbed, about 17 minutes. Keep covered off heat until ready to serve.

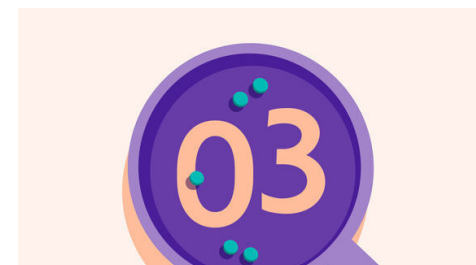


#### 2. Prep ingredients

Halve **onion** and thinly slice one half (save rest for own use).

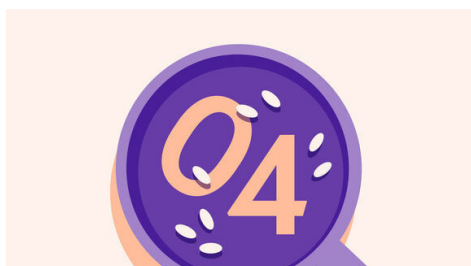
Trim **scallions**; thinly slice.

In a liquid measuring cup, whisk together **2 large eggs**.



#### 3. Cook onions

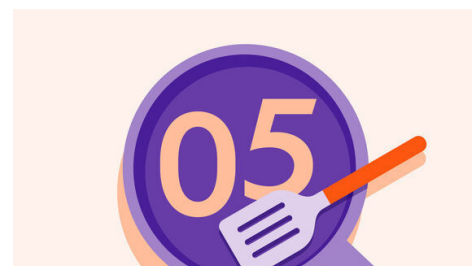
In a medium nonstick skillet, combine **teriyaki sauce, ½ teaspoon hondashi**, and **½ cup water**. Bring to a boil over high heat; stir in **onions**. Lower heat to medium and simmer until onions are translucent, 2–3 minutes.



#### 4. Cook chicken & spinach

Add **chicken** to skillet with **onions**. Cook, turning chicken occasionally, until cooked through and onions are tender, 3–4 minutes.

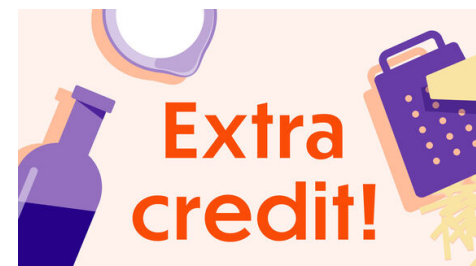
Stir in **spinach** and **half of the scallions**. Cook, stirring spinach gently, until wilted, about 1 minute.



#### 5. Cook eggs & serve

Reduce heat to a gentle simmer over medium-low. Drizzle **eggs** around skillet in a thin, steady stream. Cover and cook until desired doneness, about 1 minute for runny eggs or 3 minutes for medium-firm.

Fluff **rice** with a fork and divide between bowls. Top with **chicken and egg mixture** and sprinkle with **remaining scallions**. Mix well. Enjoy!



#### 6. Check us out!

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