

🍴 Chicken Tsukune Patties with Kinpira Veggies

Serves 2



- 220g ground chicken thighs
- 1 egg
- 1 tsp grated ginger
- 1 small garlic clove, grated
- 1 green onion, finely chopped
- 1 Tbsp Kevala coconut aminos
- 1 T mirin
- 1 T sugar
- 160g total carrot + renkon (sliced into matchsticks)
- 1 tsp toasted sesame oil (for sautéing vegetables)
- 100g cooked genmai rice
- Shiso leaf or nori strips for garnish (optional)

- 1. Make the Kinpira Veggies:**
 - Heat $\frac{1}{2}$ **tsp sesame oil** in a pan over medium heat.
 - Add julienned **carrot and renkon** and sauté for 2–3 minutes.
 - Add a splash of coconut aminos or mirin and cook another minute.
 - Set aside, covered, to keep warm.
- 2. Make the Chicken Mixture:**
 - In a bowl, mix **ground chicken, egg, grated ginger, grated garlic, and chopped green onion**.
 - Mix gently by hand or spoon until sticky and well blended.
- 3. Form and Cook the Patties:**
 - Shape into small oval patties (4 total).
 - Heat $\frac{1}{2}$ **tsp oil** in a nonstick skillet.
 - Cook the patties over medium heat for about **3–4 minutes per side**, or until browned and cooked through.
- 4. Make the Glaze:**
 - In a small bowl, combine **1 Tbsp coconut aminos, 1 Tbsp mirin, and 1 Tbsp sugar**.
 - Pour over the cooked patties in the skillet and simmer for **30–60 seconds**, spooning the sauce over until it thickens slightly and coats the patties.
- 5. Plate the Dish:**

Serve each plate with:

 - 2 patties with glaze
 - Half the kinpira vegetables
 - 50g cooked genmai rice
 - Garnish with **shiso leaf** or **nori strips**, if using

Per Serving (1 of 2):

Nutrient	Value (approx.)
Calories	430 kcal
Protein	29 g
Fat	21 g
— Sat. Fat	4 g
Carbs	26 g
— Sugars	6 g
Fiber	3.5 g
Sodium	560 mg

Quick Fix Options for Firming Tsukune Patties:

1. Panko breadcrumbs (recommended)

- Start with **2–3 tablespoons** and mix it in.
- Let it sit for **5–10 minutes** so the crumbs absorb excess moisture.
- Add a little more if still too wet, but don't overdo it or the patties will turn bready.

2. Potato starch or cornstarch

- Add **1 to 1½ tablespoons** to tighten the mix without changing flavor.
- Gives a smoother texture, common in Japanese tsukune.

3. Tofu (firm, pressed)

- Mash a bit of **momen tofu** (30–50g), wrap in a paper towel and squeeze out liquid.
- Balances moisture and adds tenderness without making it dense.

4. Oat flour or quick oats

- More nutritious than panko, and still works as a binder.
- Use sparingly (1–2 tablespoons), or pulse regular oats in a blender.