

## Butternut Squash with Savory Chicken Soboro Sauce

かぼちゃ（バターナッツ南瓜）の鶏そぼろあん

Servings: 2

Prep time: 10 minutes | Cook time: 20 minutes



### Ingredients

- 300 g butternut squash, peeled and cut into 2–3 cm cubes
- 120 g ground chicken (or pork)
- 1 tsp sesame oil
- 150 ml water + 1 tsp Kevala coconut aminos (as stock substitute)
- 1 tbsp sake
- 1 tbsp mirin
- 1 tsp sugar (or to taste)
- 1 tbsp low-sodium soy sauce (or coconut aminos for full substitution)
- 1 tsp grated ginger
- 1 tsp potato starch (katakuriko), dissolved in 1 tbsp water
- Chopped green onions or sesame seeds for garnish

### Instructions

1. Heat sesame oil in a medium saucepan or small Dutch oven over medium heat. Add ground chicken and cook, stirring, until crumbly and lightly browned.
2. Add grated ginger, sake, mirin, sugar, soy sauce (or coconut aminos), and the 150 ml water. Stir and bring to a gentle simmer.
3. Add the butternut squash pieces. Cover and simmer on low heat for 10–12 minutes, or until the squash is tender but not falling apart.
4. Stir the katakuriko-water mixture to reblend, then pour into the pan. Stir gently until the sauce thickens and coats the squash and chicken evenly.
5. Taste and adjust seasoning if needed. Serve hot, garnished with chopped green onion or sesame seeds.

### Notes

- Substitute ground chicken with tofu crumbles for a lighter version.
- Pairs beautifully with genmai (brown rice) and a side of ohitashi or miso soup.
- For a richer flavor, add a few drops of sesame oil just before serving.

### Nutrition (per serving)

Kcal: ~310 | Protein: ~18 g | Fat: ~10 g | Sat. Fat: ~2 g | Carbs: ~33 g | Sugars: ~11 g | Fiber: ~4 g | Sodium: ~520 mg | Omega-3: ~0.15 g