

## Japanese-Style Lean Pork Stew (Kakuni-Inspired)

- 200 g pork loin or tenderloin, cut into 3–4 cm cubes
- ½ T sesame oil (7 g)
- 1 tsp canola oil (5 g)
- 1½ T low-sodium soy sauce
- 1 T sake
- 1 T mirin
- 1 T miso (½ T during cooking, ½ T at finish)
- 2 tsp brown sugar (8 g)
- 1 tsp grated ginger
- 1 clove garlic, minced
- ½ medium onion (≈75 g), sliced
- 1 small carrot (≈80 g), sliced
- 150 g daikon radish, sliced
- 500 ml dashi stock
- ½ tsp shichimi togarashi (optional)
- 1 T chopped green onions (garnish)



### Instructions (Stovetop Method)

1. Heat **sesame oil** and **canola oil** in a pot over **medium-high heat**. Lightly brown pork on all sides.
2. Add **soy sauce**, **sake**, **mirin**, **brown sugar**, ½ T **miso**, **ginger**, **garlic**, and **dashi**. Bring to a gentle simmer.
3. Add **onion**, **carrot**, and **daikon**. Cover and **simmer 25–30 minutes** until pork is just tender.
4. Turn off heat. Stir in remaining ½ T **miso**.
5. Taste, adjust seasoning if needed, and garnish with green onions and shichimi.

### Nutrition

Per serving: Kcal: 368 | Protein: 24 g | Fat: 16 g | Sat. Fat: 3 g | Carbs: 27 g | Sugars: 11 g | Fiber: 3.5 g | Sodium: 820 mg | Omega-3: 0.15 g

Total dish: Kcal: 735 | Protein: 48 g | Fat: 32 g | Sat. Fat: 6 g | Carbs: 55 g | Sugars: 22 g | Fiber: 7 g | Sodium: 1,640 mg | Omega-3: 0.3 g

### Notes

- Lean pork should not be simmered longer than 30 minutes to avoid dryness.
- Adding miso in two stages preserves aroma and reduces salt impact.
- Rice cooker method works best with pre-seared pork.
- Serve with a moderate portion of steamed rice.