

Oyakodon (親子丼)

Serves 2

Ingredients

- 350 g cooked white rice
- 200 g chicken thigh (skinless, fat removed)
- 1 medium onion (approx. 150 g), thinly sliced
- 2 large eggs
- 1 T canola oil (14 g)
- Daikon sprouts (to taste)

Sauce

- 2 T sake
- 2 T mirin
- $\frac{3}{4}$ tsp granulated hon dashi
- 8 g sugar (2 tsp)
- $1\frac{1}{2}$ T low-sodium soy sauce



Preparation

1. Trim the base of the daikon sprouts.
2. Halve the onion and slice thinly.
3. Cut chicken into bite-sized pieces.
4. Lightly beat the eggs in a bowl.

Cooking Procedure

5. Heat **oil** in a frying pan over **medium heat**. Add **chicken** and sauté.
6. When chicken color changes, add **onion** and sauté until tender. **Add sauce ingredients**.
7. Simmer over **medium heat** until chicken is cooked and liquid reduces by about half. Add two-thirds of the beaten eggs.
8. When eggs are halfway set, add remaining eggs. **Heat about 10 seconds**, then remove from heat.
9. Divide rice between bowls, top with chicken–egg mixture, and garnish with daikon sprouts.

Nutrition

Per serving: Kcal: 555 | Protein: 27.5 g | Fat: 20 g | Sat. Fat: 4.4 g | Carbs: 66 g | Sugars: 10.5 g | Fiber: 2 g | Sodium: 825 mg | Omega-3: 0.15 g

Total dish: Kcal: 1,110 | Protein: 55 g | Fat: 40 g | Sat. Fat: 8.8 g | Carbs: 132 g | Sugars: 21 g | Fiber: 4 g | Sodium: 1,650 mg | Omega-3: 0.3 g

Notes

- Reducing rice to 350 g lowers calories without affecting satiety.
- Sugar reduction relies on mirin for sweetness.
- Lower hon dashi and soy sauce significantly reduce sodium while preserving umami.
- Adding eggs in two stages creates a creamy, restaurant-style texture.
- Thinly sliced onions cook sweeter and soften more quickly.