

Vegetarian Sukiyaki with Mushrooms, Tofu & Edamame

Serves 2

- 150 g firm tofu, cubed
- 60 g shiitake mushrooms, sliced
- 40 g enoki mushrooms
- 120 g hakusai cabbage, chopped
- 60 g carrot, thinly sliced
- 100 g onion, sliced
- 40 g frozen shelled edamame
- 100 g shirataki noodles, rinsed and cut
- 300 ml dashi broth
- 15 ml low-sodium soy sauce
- 7 ml mirin
- 3 g sugar
- 10 g sesame oil
- 5 g nerigoma (sesame paste)
- 100 g fresh spinach, roughly cut (added at end to wilt)



Instructions

1. Heat **sesame oil** in a shallow pot over **medium heat**.
2. Add **onion** and **carrot**; **sauté 3–4 minutes** until lightly softened.
3. Add **mushrooms** and cook until lightly wilted.
4. Pour in **dashi**, **soy sauce**, **mirin**, **sugar**, and **nerigoma**; stir well.
5. Add **tofu**, **shirataki**, **napa cabbage**, and **edamame**. **Simmer gently 8–10 minutes**.
6. Taste and adjust seasoning if needed.
7. Turn off heat and gently fold in fresh spinach just before serving, allowing it to wilt in the hot broth.
8. Serve hot. Finish with rice on the side and optional store-bought tamagoyaki.

Nutrition

Per serving: Kcal: 360 | Protein: 20 g | Fat: 20 g | Sat Fat: 3 g | Carbs: 28 g | Sugars: 6 g | Fiber: 6 g | Sodium: 620 mg | Omega-3: 0.4 g

Whole dish: Kcal: 720 | Protein: 40 g | Fat: 40 g | Sat Fat: 6 g | Carbs: 56 g | Sugars: 12 g | Fiber: 12 g | Sodium: 1,240 mg | Omega-3: 0.8 g

Suggested Accompaniments

- Steamed white rice (moderate portion)
- Store-bought tamagoyaki (served separately)
- Cucumber sunomono for acidity
- Simple pickled daikon or kyuri no asazuke

Notes

- This version emphasizes umami without excessive sweetness.
- Nerigoma adds body and richness to compensate for lack of meat.
- Spinach ohitashi is folded in at the end to preserve texture.
- Shirataki keeps the dish light while adding volume.