

3 Japanese Vegetable Side Dishes

Shimeji Butter Soy Sauté with Cheese

しめじの粉チーズ炒め

Serves 2

Ingredients

- 150 g shimeji mushrooms
しめじ
- 1 clove garlic (5 g), sliced
にんにく
- 1 T / 14 g olive oil
オリーブオイル
- 1/4 tsp salt + pinch MSG
- 1/4 tsp black pepper
- 2 T / 10 g grated Parmesan cheese
粉チーズ



Instructions

1. Trim and separate **shimeji**. Slice **garlic**.
2. Heat **oil**, sauté **garlic** gently until fragrant.
3. Add **mushrooms**, cook over **medium-high** until lightly browned.
4. Season, then add **cheese** and toss until lightly crisp.
5. Finish with **black pepper**.

Nutrition (per serving)

Kcal: 120 | Protein: 5 g | Fat: 9 g | Sat Fat: 2 g | Carbs: 5 g | Sugars: 2 g | Fiber: 2 g | Sodium: 300 mg | Omega-3: 0 g

Notes / Variations

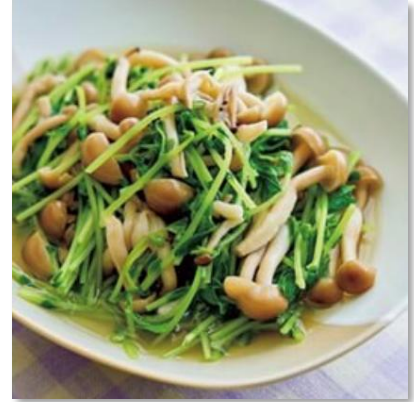
- Use maitake or eringi mushrooms if shimeji unavailable.
- Add a splash of soy sauce (1 tsp) for stronger flavor.

Pea Shoots & Shimeji Light Stir-Braise 豆苗としめじの中華風煮びたし

Serves 2

Ingredients

- 300 g pea shoots
豆苗
- 100 g shimeji mushrooms
しめじ
- 1 tsp / 3 g chicken bouillon (granules)
鶏ガラスープの素
- 120 ml water
- 1/4 tsp salt + pinch MSG



Instructions

1. Trim **pea shoots**, separate **mushrooms**.
2. Simmer **water** + **bouillon**.
3. Add **mushrooms**, cook **2 minutes**.
4. Add **pea shoots**, cook briefly until just wilted.
5. Adjust seasoning.

Nutrition (per serving)

Kcal: 60 | Protein: 4 g | Fat: 1 g | Sat Fat: 0 g | Carbs: 8 g | Sugars: 3 g | Fiber: 3 g | Sodium: 500 mg | Omega-3: 0 g

Notes / Variations

- Substitute spinach or komatsuna for pea shoots.
- Add a few drops sesame oil for aroma.

Pea Shoots & Crab Wasabi Mayo Salad 豆苗とかにかまのわさびマヨあえ

Serves 2

Ingredients

- 300 g pea shoots
豆苗
- 4 imitation crab sticks (~60 g)
かにかま
- 2 T / 30 g mayonnaise
マヨネーズ
- 1 tsp / 5 g low-sodium soy sauce
しょうゆ
- 1/2 tsp wasabi
わさび



Instructions

1. Blanch **pea shoots** quickly, cool and drain well.
2. Shred **crab sticks**.
3. Mix **mayo, soy sauce, wasabi**.
4. Toss everything together.

Nutrition (per serving)

Kcal: 160 | Protein: 6 g | Fat: 11 g | Sat Fat: 2 g | Carbs: 8 g | Sugars: 3 g | Fiber: 3 g | Sodium: 600 mg | Omega-3: 0 g

Notes / Variations

- Use real crab if available.
- Swap wasabi for mustard for a milder version.