

Komatsuna & Atsuage Light Soy Stir-Fry

小松菜と厚揚げのさっと炒め

Serves 2

Ingredients

Main

- 150 g komatsuna, cut into 4–5 cm pieces
小松菜
- 200 g atsuage (1 package), cut into bite-size pieces
厚揚げ
- 1 T canola oil (14 g)
キャノーラ油

Seasoning Sauce

- 1 tsp soy sauce (5 g)
しょうゆ
- 1 tsp sake (5 g)
酒
- ½ tsp sugar (2 g)
砂糖
- 1–2 T water (15–30 g)
水

Suggested Additions

- 1 clove garlic, sliced
にんにく
- ½ tsp grated ginger
しょうが
- 1 tsp oyster sauce (optional)
オイスターソース

Finish

- ¼ tsp sesame oil
ごま油
- ½ tsp toasted sesame seeds
白ごま

Instructions

1. Pour **hot water** over **atsuage** briefly (**10–15 seconds**), drain and pat dry.
2. Heat **canola oil** in a skillet over **medium heat**.
3. Add **garlic** and cook briefly until fragrant.
4. Add **atsuage** and cook until lightly golden on the edges.
5. Add **komatsuna** stems first, then leaves.
6. Stir-fry **1–2 minutes** until just wilted.
7. Add **soy sauce, sake, sugar, water**, and **oyster sauce** (if using).
8. Toss to coat evenly.
9. Turn off heat and add **sesame oil, ginger**, and **sesame seeds**.

Nutrition (per serving)

Calories: 260 kcal | Protein: 14 g | Fat: 18 g | Sat Fat: 3 g | Carbs: 9 g | Sugars: 3 g | Fiber: 3 g | Sodium: 420 mg | Omega-3: 0.2 g

