

Mekajiki Oyster Stir-Fry with Mushrooms

めかじきときのこのオイスター炒め

Serves: 2

Ingredients – Main Dish

- 220 g mekajiki (めかじき)
- 100 g garlic chives (にら)
- 100 g bean sprouts (もやし)
- 80 g mushrooms (しめじ or まいたけ)
- 1 tsp / 5 g garlic (にんにく)
- 1 tsp / 5 g ginger (しょうが)
- ⅛ tsp salt + pinch MSG (塩+MSG)
- Black pepper (黒こしょう)
- 2 tsp / 6 g potato starch (片栗粉)
- 1 T / 15 ml sake (酒)
- 1 T / 15 ml low-sodium soy sauce (減塩しょうゆ)
- 1 T / 15 g oyster sauce (オイスターソース)
- 1 tsp / 5 g sugar
- ½ tsp / 2 g potato starch
- 1 T / 15 ml canola oil
- 1 tsp / 5 ml sesame oil



Instructions

1. Pat **fish** dry. Season with **salt + MSG** and **pepper**, then coat lightly with **potato starch**.
2. Heat **2 tsp oil** over **medium-high**. Sear fish **2–3 min per side**. Remove.
3. Add remaining **oil**, **garlic**, and **ginger**. Cook until fragrant.
4. Add **mushrooms**, cook until lightly softened.
5. Add **chives** and **bean sprouts**. Stir quickly (keep crisp).
6. Return fish. Stir sauce and add. Cook **1–2 min** until lightly thickened.
7. Finish with **sesame oil** and toss gently.

Nutrition (per serving)

Kcal: 360 | Protein: 32 g | Fat: 20 g | Sat Fat: 3 g | Carbs: 12 g | Sugars: 5 g |
Fiber: 3 g | Sodium: 900 mg | Omega-3: 0.5 g

Nutrition (total)

Kcal: 720 | Protein: 64 g | Fat: 40 g | Sat Fat: 6 g | Carbs: 24 g | Sugars: 10 g |
Fiber: 6 g | Sodium: 1800 mg | Omega-3: 1.0 g

Spinach Gomaae ほうれん草のごま和え



Ingredients

- 150 g spinach (ほうれん草)
- 1 T ground sesame (すりごま)
- 1 tsp soy sauce
- 1 tsp sugar

Instructions

1. Bring water to a boil. Blanch **spinach 30–45 seconds**.
2. Transfer to cold water, then squeeze out excess moisture thoroughly.
3. Cut into 3–4 cm lengths.
4. Mix **sesame, soy sauce, and sugar**.
5. Toss spinach with dressing just before serving.

Nutrition (per serving)

Kcal: 70 | Protein: 3 g | Fat: 4 g | Sat Fat: 0 g | Carbs: 6 g | Sugars: 2 g | Fiber: 2 g | Sodium: 200 mg

Nutrition (total)

Kcal: 140 | Protein: 6 g | Fat: 8 g | Sat Fat: 0 g | Carbs: 12 g | Sugars: 4 g | Fiber: 4 g | Sodium: 400 mg

Cold Tofu with Ginger Soy 冷奴 (しょうが醤油)



Ingredients

- 400 g tofu (豆腐)
- 1 tsp / 5 ml soy sauce
- 1 tsp grated ginger

Instructions

1. Drain **tofu** and gently pat dry.
2. Slice into serving portions.
3. Top with **grated ginger**.
4. Drizzle **soy sauce** just before serving.

Nutrition (per serving)

Kcal: 90 | Protein: 9 g | Fat: 5 g | Sat Fat: 1 g | Carbs: 3 g | Sugars: 1 g | Fiber: 1 g | Sodium: 150 mg

Nutrition (total)

Kcal: 180 | Protein: 18 g | Fat: 10 g | Sat Fat: 2 g | Carbs: 6 g | Sugars: 2 g | Fiber: 2 g | Sodium: 300 mg