

Beef, Potato & Shirataki Bulgogi-Style Skillet

牛じゃがブルコギ風

Serves: 2 | Pan: 24–26 cm skillet | Cook time: ~30 minutes



Ingredients

Main:

- 150 g thin-sliced beef (牛こま / 切り落とし)
- 250 g potatoes (じゃがいも)
- 120–150 g shirataki noodles (しらたき)
- 80 g onion, sliced (玉ねぎ)
- 80 g shimeji mushrooms (しめじ)

Sauce:

- 1 T / 15 ml low-sodium soy sauce 醤油
- 1 tsp sesame oil ごま油
- 1 tsp sake 酒
- 1 tsp honey
- 1 tsp grated garlic にんにく
- 1 tsp grated ginger 生姜

Finish:

- 1 scallion, sliced 青ねぎ
- 15 g walnuts or mixed nuts, chopped くるみ

Instructions

1. Peel **potatoes** and cut into thick matchsticks or wedges.
 - **Soak in water 5 minutes**, then drain thoroughly.
2. Microwave potatoes at **600W** for **3–4 minutes**.
 - This improves browning and even cooking.
3. Drain **shirataki** thoroughly.
 - Rinse briefly if desired.
 - Cut into shorter lengths with kitchen scissors if long.
4. Add shirataki to a dry skillet over **medium heat**.
 - Do not add oil
 - Cook **2-3 minutes**, stirring occasionally, until excess moisture evaporates.
 - The noodles should look slightly drier and make a faint squeaking sound in the pan
5. In a bowl, combine **soy sauce**, **sesame oil**, **sake**, **honey**, **garlic**, and **ginger**.
6. Add **beef** to sauce and toss gently.
 - **Marinate 10 minutes**.
7. Heat skillet over **medium heat**.
 - Add small amount of **canola oil** if needed.
8. Add **onions** and cook **2–3 minutes**.
9. Add **mushrooms**.
 - Cook until lightly browned.

10. Add **beef with marinade**.
 - Cook until mostly done.
11. Add **potatoes** and **shirataki**.
 - Stir-fry **3–5 minutes** until potatoes are browned and tender.
 - Allow shirataki to absorb some sauce.
12. Taste and adjust seasoning if necessary.
13. Top with **scallions** and **walnuts** before serving.

Notes

- Shirataki works especially well in this dish and makes it more similar to Japanese sukiyaki-style cooking.
- Dry-frying shirataki first is important to avoid a watery sauce.
- May Queen potatoes work especially well here.
- Do not overcook beef; quick cooking keeps it tender.
- Harusame can also be used, but shirataki gives a lighter texture and fewer calories.

Nutrition

Per serving: Kcal: 390 | Protein: 22 g | Fat: 19 g | Sat Fat: 5 g | Carbs: 29 g | Sugars: 6 g | Fiber: 5 g | Sodium: 640 mg | Omega-3: 0.8 g

Total dish: Kcal: 780 | Protein: 44 g | Fat: 38 g | Sat Fat: 10 g | Carbs: 58 g | Sugars: 12 g | Fiber: 10 g | Sodium: 1280 mg | Omega-3: 1.6 g