

Chicken Soboro Don with Onsen Tamago 鶏そぼろ丼 温泉卵添え

Serves: 2 | Style: High-Protein Japanese Donburi

Ingredients

Rice & Base:

- 280 g cooked rice (ご飯)
 - White rice, barley-rice mix, or mixed grain rice

Chicken Soboro:

- 260 g ground chicken breast (鶏むねひき肉)
- 1 tsp canola oil
- 1 T sake (酒)
- 1 tsp low-sodium soy sauce (減塩醤油)
- 1 tsp sugar (砂糖)
- ½ tsp / 2 g grated ginger (おろし生姜)
- ¼ tsp / 1.5 g salt + MSG blend (塩+MSG)

Vegetables & Protein Additions:

- 60 g spinach or komatsuna (ほうれん草/小松菜)
- 80 g shimeji or maitake mushrooms (しめじ/舞茸)
- 60 g shelled edamame (枝豆)
- Pinch salt + MSG blend

Onsen Eggs:

- 2 eggs (卵)

Optional Finishing:

- Few drops sesame oil
- Small amount chili crisp
- Extra black pepper

Instructions

1. Prepare the **onsen eggs**.
 - Place eggs in heatproof container.
 - Cover completely with boiling water.
 - Let sit 12–13 minutes.
 - Cool slightly before peeling.
2. Prepare **mushrooms**.
 - Separate shimeji or chop maitake.
3. Heat **canola oil** over **medium heat**.
4. Add ground **chicken**.
 - Break into fine crumbles.
 - Cook until no pink remains.
5. Add **mushrooms**.
 - Cook until lightly browned and moisture reduces.
6. Add **sake, soy sauce, sugar, ginger, and salt + MSG blend**.
 - Cook until liquid reduces.
 - Soboro should be moist but not wet.
7. Prepare greens.



- Blanch **spinach** or **komatsuna** **1–2 minutes**.
 - Drain well and squeeze lightly.
 - Season lightly with **pinch salt + MSG**.
8. Heat **edamame** briefly if needed.
 9. Assemble bowls.
 - Place 140 g cooked rice into each bowl.
 - Top with soboro mixture.
 - Arrange greens and edamame around edges.
 10. Add onsen egg on top.
 11. Optional finishing.
 - Add few drops **sesame oil** or small amount **chili crisp**.
 - Finish with **black pepper** if desired.

Notes

- Barley-rice mix works especially well for additional fiber and satiety.
- Mushrooms increase umami and meal volume with very few calories.
- Edamame improves both protein and fiber content.
- Ground chicken breast keeps the dish high-protein while remaining relatively low calorie.
- A small drizzle of sesame oil or chili crisp gives a restaurant-style finish.

Nutrition

Per serving: Kcal: 560 | Protein: 40 g | Fat: 15 g | Sat Fat: 3 g | Carbs: 54 g | Sugars: 5 g | Fiber: 7 g | Sodium: 520 mg | Omega-3: 0.3 g

Total dish: Kcal: 1120 | Protein: 80 g | Fat: 30 g | Sat Fat: 6 g | Carbs: 108 g | Sugars: 10 g | Fiber: 14 g | Sodium: 1040 mg | Omega-3: 0.6 g