

Two High Protein Okazu to Accompany Salmon

サーモンに合う高たんぱくおかず 2 品

Japanese Tuna-Cucumber Salad

ツナときゅうりのサラダ

Serves: 2

Ingredients

- 70 g canned tuna (drained) ツナ
- 100 g cucumber, thinly sliced きゅうり
- 2 T / 30 g nonfat Greek yogurt ヨーグルト
- 1 tsp / 5 g mayonnaise マヨネーズ
- 1 tsp / 5 g low-sodium soy sauce 醤油
- ½ tsp / 2 g sesame oil ごま油
- ¼ tsp / 1.5 g salt + MSG blend 塩+MSG
- Black pepper to taste 黒こしょう



Instructions

- 1. Prepare cucumber**
 - Slice thinly
 - Lightly salt (use part of salt blend), rest 5 min
 - Squeeze excess moisture
- 2. Make dressing**
 - Combine **tuna, yogurt, mayo, soy sauce, sesame oil**
- 3. Combine**
 - Add **cucumber**
 - Mix gently to avoid breaking tuna
- 4. Finish**
 - Adjust seasoning with remaining salt/MSG
 - Chill briefly before serving

Nutrition (per serving)

Kcal: 180 | Protein: 14 g | Fat: 9 g | Sat Fat: 2 g | Carbs: 6 g | Sugars: 3 g | Fiber: 1 g | Sodium: 420 mg | Omega-3: 0.3 g

Chicken Soboro with Onsen Tamago 鶏そぼろと温泉卵（青菜添え・任意）

Serves: 2

Ingredients

- 150 g ground chicken (breast preferred) 鶏ひき肉
- 1 T / 15 g sake 酒
- 1 tsp / 5 g low-sodium soy sauce 減塩醤油
- 1 tsp / 4 g sugar 砂糖
- ½ tsp / 2 g grated ginger おろし生姜
- 1 tsp / 5 g canola oil キャノーラ油
- 2 eggs (for onsen tamago) 卵
- ¼ tsp / 1.5 g salt + MSG blend 塩+MSG
- 60–80 g spinach or komatsuna (optional) ほうれん草／小松菜（任意）
- Pinch salt + MSG blend (for greens) 塩+MSG（少々）



Instructions

1. Prepare the onsen eggs

- Place eggs in a heatproof container
- Pour boiling water over eggs to cover
- Let sit 12–13 minutes, then cool slightly

2. Cook the chicken soboro

- Heat oil over **medium heat**
- Add **chicken** and break into fine crumbles
- Cook until no pink remains

3. Season and reduce

- Add **sake, soy sauce, sugar, and ginger**
- Stir well and cook until liquid reduces
- Meat should be lightly coated, not wet

4. Optional greens

- Blanch **spinach** or **komatsuna** 1–2 minutes
- Drain and squeeze out excess moisture
- Season lightly with **pinch salt + MSG**

5. Assemble

- Place **soboro** in serving bowl or plate
- Add **onsen egg** on top
- Add **greens** on the side if using

Nutrition (per serving)

Kcal: 260 | Protein: 24 g | Fat: 12 g | Sat Fat: 3 g | Carbs: 6 g | Sugars: 4 g |
Fiber: 1 g | Sodium: 420 mg | Omega-3: 0.2 g