

Nikujaga

肉じゃが

Serves: 2–3 | Pot: medium Dutch oven or deep sauté pan | Style: slightly brothier home-style version

Ingredients

Main:

- 220 g thin pork slices (豚こま / 豚薄切り肉)
- 350 g May Queen potatoes (メイクイン)
- 120 g onion, sliced (玉ねぎ)
- 80 g carrot, cut into chunks (にんじん)
- 80 g shirataki, rinsed and cut (しらたき)
- 70 g shimeji mushrooms (しめじ)
- 40 g snow peas (さやえんどう)

Broth:

- 300 ml dashi
- 80 ml reduced-sodium sukiyaki sauce (すき焼きのたれ)
- 1 tsp / 5 g grated ginger (生姜)
- 1 tsp / 5 g low-sodium soy sauce
- 1 tsp mirin
- Optional: 1 tsp sugar if needed

Seasoning:

- Pinch salt + pinch MSG (塩+MSG)

Cooking:

- 1 T / 14 g canola oil

Instructions

1. Peel **potatoes** and cut into large chunks.
 - Soak briefly in water to remove excess starch.
2. Rinse **shirataki** thoroughly.
 - Cut into shorter lengths if desired.
3. Blanch **snow peas** briefly.
 - Shock in cold water and reserve for garnish.
4. Heat **canola oil** in Dutch oven or deep sauté pan over **medium heat**.
5. Add **pork** slices.
 - Cook until just lightly browned.
6. Add **onions** and **carrots**.
 - Cook **2–3 minutes** until onions begin softening.
7. Add **potatoes**, **shirataki**, and **shimeji**.
8. Add **dashi**, **sukiyaki sauce**, **ginger**, **soy sauce**, and **mirin**.
9. Bring to gentle **simmer**.
10. Skim foam if necessary.
11. Cover partially and **simmer** gently **20–25 minutes**.
 - Potatoes should become tender but not fall apart.
12. Taste broth.
 - Adjust with small amount salt + MSG if needed.



- Add tiny amount **sugar** only if desired.
13. **Rest 5–10 minutes** before serving.
- Flavor improves as ingredients absorb broth.
14. Garnish with **snow peas** before serving.

Notes

- This version intentionally contains slightly more broth for serving with rice.
- May Queen potatoes hold their shape best for nikujaga.
- Shimeji and shirataki absorb the broth beautifully.
- Ginger adds warmth and balances pork richness.
- Nikujaga is often even better the next day.

Nutrition

Per serving (2 servings): Kcal: 510 | Protein: 32 g | Fat: 20 g | Sat Fat: 5 g | Carbs: 47 g | Sugars: 12 g | Fiber: 6 g | Sodium: 1080 mg | Omega-3: 0.3 g

Per serving (3 servings): Kcal: 340 | Protein: 21 g | Fat: 13 g | Sat Fat: 3 g | Carbs: 31 g | Sugars: 8 g | Fiber: 4 g | Sodium: 720 mg | Omega-3: 0.2 g

Total dish: Kcal: 1020 | Protein: 63 g | Fat: 39 g | Sat Fat: 9 g | Carbs: 93 g | Sugars: 24 g | Fiber: 12 g | Sodium: 2160 mg | Omega-3: 0.6 g