

## Entrees with Beans and Other Protein (European style)

<u>Italian - Tuscan White Bean Stew + Herb-Roasted Chicken Thighs</u>	<u>French - Lentil Ragout + Seared Salmon Fillet</u>	<u>Spanish - Kuromame Stew + Paprika Pork Tenderloin</u>
<u>Japanese Fusion - Edamame &amp; Barley Soup + Grilled Saba</u>	<u>Saba Miso-Steam with Vegetables</u>	<u>Western-Style Baked Saba Provençal</u>

### 🍅 Italian Plate: Tuscan White Bean Stew + Herb-Roasted Chicken Thighs

#### Ingredients

##### Beans (side, 4 servings):

- Cooked daizu/cannellini – 300 g cooked (≈120 g dry)
- Olive oil – 2 Tbsp
- Garlic – 2 cloves, minced
- Onion – ½ medium, diced
- Canned tomatoes – 300 g
- Rosemary – 1 sprig (or ½ tsp dried)
- Salt & pepper – to taste

##### Chicken (main, 2 servings):

- Chicken thighs – 2 (≈300 g)
- Olive oil – 1 Tbsp
- Garlic – 2 cloves, minced
- Rosemary – 1 sprig
- Lemon zest – ½ tsp
- Black pepper – to taste

#### Instructions

1. **Stew:** Sauté onion + garlic, add tomatoes + rosemary, simmer 10 min. Stir in beans, simmer 15 min more, season.
2. **Chicken:** Preheat oven to 190 °C. Rub thighs with oil, garlic, rosemary, lemon zest, pepper. Roast 25–30 min, rest 5 min.
3. Serve beans on the side with chicken.

**Nutrition (per serving, chicken + beans):** ~570 kcal | 40 g protein | 38 g carbs | 30 g fat | Fiber ~9 g | Sodium ~300 mg



## French Plate: Lentil Ragout + Seared Salmon Fillet

### Ingredients

#### Lentil Ragout (side, 4 servings):

- Lentils – 200 g dry
- Olive oil – 1 Tbsp
- Onion – 1 small, diced
- Carrot – 1, diced
- Celery – 1 stalk, diced
- Garlic – 2 cloves, minced
- Tomato paste – 1 Tbsp
- Red wine – 50 ml (optional)
- Water/broth – 700 ml
- Thyme – ½ tsp, bay leaf – 1
- Pepper to taste

#### Salmon (main, 2 servings):

- Salmon fillets – 2 (≈250 g total)
- Olive oil – 2 tsp
- Thyme – ½ tsp
- Pepper – to taste
- Lemon wedge



### Instructions

1. **Ragout:** Sauté onion, carrot, celery, add garlic + tomato paste, cook 1 min. Deglaze with wine. Add lentils, broth, thyme, bay. Simmer 25–30 min until tender.
2. **Salmon:** Pat dry, season with thyme + pepper. Sear skin-side down 3–4 min, flip, cook 2–3 min until opaque. Serve with lemon.

**Nutrition (per serving, salmon + lentils):** ~510 kcal | 37 g protein | 40 g carbs | 21 g fat | Fiber ~12 g | Sodium ~350 mg | Omega-3 ~1.7 g



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## Spanish Plate: Kuromame Stew + Paprika Pork Tenderloin

### Ingredients

#### Kuromame Stew (side, 4 servings):

- Cooked kuromame – 350 g (≈150 g dry)
- Olive oil – 1 Tbsp
- Leek – 1 large, sliced
- Carrot – 1, diced
- Garlic – 2 cloves, minced
- Smoked paprika – 1 tsp
- Tomato paste – 1 Tbsp
- Water/broth – 500 ml
- Bay leaf – 1



### **Pork (main, 2 servings):**

- Pork tenderloin – 300 g
- Olive oil – 1 Tbsp
- Smoked paprika – 1 tsp
- Garlic powder – ½ tsp
- Pepper – to taste

### **Instructions**

1. **Stew:** Sauté leek + carrot 5 min, add garlic + paprika, cook briefly. Add tomato paste, broth, bay. Stir in beans, simmer 20 min.
2. **Pork:** Slice tenderloin into medallions. Rub with oil, paprika, garlic powder, pepper. Sear 3 min per side until 70 °C inside. Rest.

**Nutrition (per serving, pork + beans):** ~570 kcal | 47 g protein | 36 g carbs | 22 g fat | Fiber ~10 g | Sodium ~300 mg



### **🗨 Japanese Fusion Plate: Edamame & Barley Soup + Grilled Saba (low odor version)**

#### **Edamame & Barley Soup + Foil-Steamed Saba with Ginger and Lemon**

### **Ingredients**

#### **Soup (side, 4 servings):**

- Shelled edamame – 200 g
- Pearl barley – 80 g dry
- Carrot – 1 small, diced
- Onion – ½ medium, diced
- Olive oil – 1 tsp
- Water – 800 ml
- Coconut aminos – 1 T (15 ml)
- Miso – 1 T (15 g)

#### **Saba (main, 2 servings):**

- Saba fillets – 2 (≈220 g total)
- Olive oil – 1 tsp
- Pepper – to taste
- Lemon wedge or grated daikon

### **Instructions**

#### **Soup:**

1. Sauté onion + carrot in oil. Add barley + water, simmer 30–35 min.
2. Stir in edamame, cook 5 min. Remove from heat, dissolve miso, adjust seasoning.

#### **Saba (main, 2 servings)**

- 2 saba fillets (≈220 g total)



- 1 tsp olive oil or sesame oil
- 1 tsp grated ginger (チューブ OK)
- 1 T sake
- 2 thin lemon slices
- ½ tsp soy sauce (optional, or coconut aminos)
- Green onions or grated daikon for garnish

**Instructions:**

1. Place each saba fillet on a square of foil or parchment. Brush lightly with oil.
2. Top with grated ginger, lemon slices, and drizzle of sake + soy.
3. Seal tightly and bake/steam at 200 °C for 15 min in your small oven.
4. Open foil, sprinkle green onions or daikon. Serve hot.

- ✓ Odor control: virtually no smell escapes the foil; cleanup is quick.
- ✓ Nutrition (total, soup + saba): ~460 kcal | 36 g protein | 33 g carbs | 18 g fat | Fiber 7 g | Sodium ≈ 400 mg | Omega-3 ≈ 2 g

## Saba no Miso-Steam with Vegetables

(鯖の味噌ホイル蒸し)

(2 servings)

### Ingredients

- 2 saba fillets (≈220 g)
- 2 Tbsp sake
- 1 Tbsp miso
- 1 tsp mirin
- ½ tsp soy sauce or coconut aminos
- 1 tsp ginger paste
- ½ carrot, julienned
- 2 shiitake mushrooms, sliced
- ½ onion, thinly sliced
- 1 tsp sesame oil

### Instructions

1. Mix miso, sake, mirin, soy, and ginger into a paste.
2. Place vegetables and fish on a piece of foil, spoon sauce on top.
3. Drizzle sesame oil and seal tightly.
4. Bake at **200 °C for 18 min** or pan-steam with a lid on medium-low for 12–14 min.
5. Open carefully and serve with a small bowl of rice.

✓ **Flavor:** rich, comforting, classic Japanese umami.

✓ **Odor:** minimal—ginger + miso neutralize fishy notes.

✓ **Nutrition (per serving):** ~350 kcal | 29 g protein | 14 g fat | 20 g carbs | Sodium ≈ 480 mg



## Western-Style Baked Saba Provençal

(2 servings) *Western-Style Baked Saba Provençal*

### Ingredients

- 2 saba fillets (≈220 g)
- 1 Tbsp olive oil
- 1 small tomato, diced
- ¼ red onion, sliced
- 1 Tbsp capers or chopped olives
- 1 Tbsp white wine (or sake)
- 1 tsp dried oregano or thyme
- Black pepper to taste
- Fresh parsley for garnish

### Instructions

1. Preheat oven to **200 °C**. Line a baking dish with parchment.
2. Place saba skin-side up; surround with tomato, onion, and olives.
3. Drizzle olive oil and wine; sprinkle herbs and pepper.
4. Cover loosely with foil and bake **15 min**, then uncover for 3–4 min to brown.
5. Garnish with parsley and serve with lemon wedges or crusty bread.



- ✓ **Odor control:** the herbs, tomato acid, and wine mask the oily smell beautifully.
- ✓ **Nutrition (per serving):** ~410 kcal | 33 g protein | 26 g fat | 5 g carbs | Sodium ≈ 320 mg | Omega-3 ≈ 1.8 g

