

Shiso Miso Tsukune Meal しそみそつくね定食

Serves 2



Ingredients

Shiso Miso Tsukune

Chicken Patties

- 250 g ground chicken 鶏ひき肉
- 8 leaves green shiso 青じそ
- 80 g green beans, cut into 3 equal lengths いんげん
- 1 T / 18 g miso 味噌
- ½ T / 5 g potato starch 片栗粉
- ½ T / 8 g sake 酒
- Pinch salt + pinch MSG 塩 + MSG

Cooking

- 1 tsp / 5 g canola oil キャノーラ油
- 2 T / 30 g water 水

Steamed Cabbage & Bean Sprouts with Bonito Flakes

Vegetables

- 150 g cabbage, roughly chopped キャベツ
- 100 g bean sprouts もやし

Seasoning

- 2 g shaved bonito flakes かつお節
- 1 tsp / 6 g low-sodium soy sauce 減塩しょうゆ
- ¼ tsp / 1 g salt + pinch MSG 塩 + MSG

Shimeji & Chive Soup

Soup

- 50 g shimeji mushrooms, separated しめじ
- 35 g garlic chives, cut into 3 cm lengths ニラ
- 500 ml water 水
- ½ tsp / 2 g chicken stock granules 鶏ガラスープの素
- ¼ tsp / 1 g salt + pinch MSG 塩 + MSG
- Black pepper to taste 黒こしょう
- ¼ tsp / 1 g sesame oil ごま油

Optional Condiments

- Japanese mustard 和からし
- or
- Yuzu kosho 柚子胡椒

Instructions

Tsukune

1. Prepare the **vegetables**.
 - Cut the green beans into three equal lengths.
 - Wash and dry the shiso leaves.
2. Make the **tsukune mixture**.

- Place the **ground chicken** in a mixing bowl.
 - Add the **miso**.
 - Add the **potato starch**.
 - Add the **sake**.
 - Add the **salt + MSG**.
3. Mix thoroughly.
 - Mix with your hand or a spoon until the mixture becomes sticky.
 - This develops the protein structure and helps the patties hold together.
 4. Shape the patties.
 - Divide the mixture into 8 equal portions.
 - Shape into oval patties approximately 2 cm thick.
 5. Attach the **shiso**.
 - Press one shiso leaf onto one side of each patty.
 - The leaf should adhere naturally to the moist surface.
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Cook the Tsukune (Stovetop Method)

6. Heat the skillet.
 - Heat the **canola oil** in a frying pan over **medium heat**.
 7. Brown the patties.
 - Place the patties shiso-side up.
 - Cook approximately **2 minutes**.
 - The bottom should become lightly browned.
 8. Turn the patties.
 - Flip carefully.
 - Add the green beans around the patties.
 9. Steam-fry.
 - Add **2 T water**.
 - Cover immediately.
 - Reduce heat to **low**.
 - Cook approximately **4 minutes**.
 10. Check for doneness.
 - Internal temperature should reach 74°C.
 - The chicken should be fully cooked but still juicy.
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Air Fryer Method

1. Preheat the air fryer.
 - **180°C** for **3–4 minutes**.
 2. Arrange the **patties**.
 - Place on the crisper plate.
 - Keep the shiso side facing upward.
 3. Add the **green beans**.
 - Arrange beside the patties.
 4. Cook.
 - **180°C** for **8–10 minutes**.
 - Turn once halfway through cooking.
 5. Check doneness.
 - Chicken should be fully cooked.
 - The shiso should remain green and aromatic.
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Steamed Cabbage & Bean Sprouts with Bonito Flakes

Vegetables

1. Place the **cabbage** and **bean sprouts** in a microwave-safe bowl.
2. Cover loosely.
3. Microwave.
 - **600W** for **3–4 minutes**.
 - Vegetables should be tender but not mushy.
4. Season.
 - Add **soy sauce**.
 - Add **salt + MSG**.
 - Toss gently.
5. Finish.
 - Sprinkle with **bonito flakes** immediately before serving.



Shimeji & Chive Soup

Soup

1. Combine the **water** and **chicken stock granules** in a saucepan.
2. Bring to a gentle **simmer**.
3. Add the **shimeji mushrooms**.
 - Cook **3 minutes**.
4. Add the **garlic chives**.
 - Cook **1 minute**.
5. Season.
 - Add **salt + MSG**.
 - Add **black pepper**.
6. Finish.
 - Stir in the **sesame oil** immediately before serving.



Suggested Menu

- Shiso Miso Tsukune
- Steamed Cabbage & Bean Sprouts with Bonito Flakes
- Shimeji & Chive Soup
- Brown Rice
- Japanese mustard or yuzu kosho on the side

Nutrition

Main Meal (Without Rice)

Kcal total: 430 | Protein: 31 g | Fat: 14 g | Sat Fat: 3 g | Carbs: 40 g | Sugars: 6 g | Fiber: 6 g | Sodium: 780 mg | Omega-3: 0.2 g

Complete Meal (With 160 g Cooked Brown Rice Per Serving)

Kcal total: 610 | Protein: 35 g | Fat: 15 g | Sat Fat: 3 g | Carbs: 77 g | Sugars: 6 g | Fiber: 9 g | Sodium: 780 mg | Omega-3: 0.3 g

Notes

- The combination of miso and shiso is a classic Japanese flavor pairing.

- The shiso should remain visible on the finished patties and contributes much of the aroma.
- The air fryer version produces excellent results and is particularly convenient for small dinners.
- Yuzu kosho pairs exceptionally well with the chicken and miso.
- Leftover tsukune can be refrigerated for up to 3 days and reheated gently in the microwave or air fryer.
- This meal is high in protein, moderate in calories, and well suited to summer dining.