

Teriyaki Stir Fry Bowl with Egg

Cooking Instructions

1. Add rice and 2 ½ cups of water to a pot. Bring to a boil and then simmer with lid on until all water is evaporated.
2. Mince garlic and ginger and add to sauce pot with a small amount of neutral oil. Sauté for 1-3 minutes stirring constantly, being careful not to burn. Then add mirin, sake, and soy sauce. Cook until alcohol from sake has boiled off, about 10 minutes. Taste for sweetness and add more sugar if desired.
3. Mix 2 Tbsp corn starch with 4 Tbsp water and mix to form a slurry. Slowly stir in slurry to sauce and allow sauce to thicken. Finally add sesame seeds and let cool. This teriyaki sauce can keep in the fridge for a few months in a sealed container.
4. Slice tofu and season with salt and pepper. Then heat oil in a pan and fry tofu slices until crispy on both sides.
5. Add all vegetables to a skillet and sauté until desired softness is reached. Immediately cook an egg to desired doneness if desired.
6. Add brown rice, vegetables, and tofu to bowl. Cover with teriyaki sauce and add egg on top if desired. Enjoy!

Recipe

- 1 cup brown rice
- 3 cloves garlic, minced
- 1 inch ginger root, minced
- 1 cup mirin
- 1 cup sake
- 1 cup soy sauce
- 2 Tbsp corn starch
- 1 Tbsp sesame seeds
- 1 block extra firm tofu, sliced (or chicken)
- 1 large head of broccoli
- 1 red pepper
- 1 bag frozen peas, 1 cup
- 1 egg
- ½ tsp salt
- ¼ tsp black pepper

Grocery List (add optional toppings to list as desired)

Produce

- 3 cloves garlic
- 1 inch ginger root
- 1 large head broccoli
- 1 red pepper

Grocery

- 1 cup brown rice
- 1 cup mirin
- 1 cup sake
- 1 cup soy sauce
- 2 Tbsp corn starch

- 1 Tbsp sesame seeds
- 1 block extra firm tofu
- 1 bag frozen peas
- 1 egg
- Salt
- Pepper

