JAPANESE · LUNCH · DINNER

Oyakodon Chicken and Egg Rice Bowl

25 min · Serves 2 · 801 kcal a serve · Video 4:42 · Just One Cookbook

Dairy-free · Nut-free

Chicken thigh and four eggs give about 49 g of protein a serve, and it is rich in selenium, zinc and vitamin B12; nothing is fried. The mirin and sugar add about 12 g of sugar a serve, so it is a hearty rather than light bowl.

Diet notes: Gluten-free with a swap: Use tamari in place of soy sauce and check that the dashi contains no wheat.

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Ingredients 10 · SERVES 2

- [ ] 280 g **boneless skinless chicken thighs**
- [ ] 1 Tbsp **sake**, tossed with the thigh pieces
- [ ] ½ **onion** (113 g), sliced into 6 mm strips
- [ ] 1 **green onion**, sliced diagonally
- [ ] 120 ml **dashi**
- [ ] 2 Tbsp **soy sauce**
- [ ] 2 Tbsp **mirin**
- [ ] 2 tsp **sugar**
- [ ] 4 large **eggs**
- [ ] steamed **Japanese short-grain rice**, 2 bowls (about 250 g each)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Gluten, Fish, Egg, Soy. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Trim the chicken thighs, cut into 2.5 cm strips along the grain, then slice on an angle into 2.5 cm pieces of even thickness. Toss with the sake and rest 5 minutes. Slice the onion and green onion. 0:32
2. In a medium frying pan with the heat off, stir together the dashi, soy sauce, mirin and sugar until the sugar dissolves. 1:18
3. Lay the onion in a single layer in the sauce and spread the chicken evenly on top. Bring to a simmer over medium heat, then lower to medium-low and cook uncovered about 5 minutes, flipping the chicken halfway, until cooked through and the onion is soft. 1:45
4. Crack the eggs into a bowl and cut through the whites a few times with chopsticks without fully mixing, so you get a marbled finish. 2:31
5. Raise the heat to medium and drizzle the eggs in a circle over the chicken, whites first. Avoid the pan edges, which overcook. Cover briefly if you want the whites to set faster. 2:53
6. Scatter over the green onion and cook on low until the eggs are as set as you like; traditionally they stay slightly soft. 3:30
7. Spoon rice into two bowls, slide the chicken and egg on top and drizzle over a little of the pan sauce. Add shichimi or sansho pepper if you like heat. 3:44

> **Tip** Swap in brown rice for extra fibre and add a side of blanched greens or miso soup. Works with firm tofu instead of chicken for a vegetarian version; use kombu dashi.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
801 kcal	49 g	90 g	2.3 g	23 g	1,230 mg
3,350 kJ	98% of a day	88 g net · 16 g sugars	8% of a day	6.7 g saturated	54% of a day
		33% of a day		30% of a day	

Energy from net carbs 47% · protein 26% · fat 27%

High in (20%+ of a day) Selenium 139% · Vitamin B12 72% · Zinc 48% · Vitamin B6 42% · Magnesium 21% · Iron 20%

Source of (10–19%) Vitamin A 19% · Folate 19% · Vitamin K 17% · Potassium 15% · Vitamin D 12% · Omega-3 11%

⚠ One serve has about 54% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Just One Cookbook (@justonecookbook) on YouTube — youtube.com/watch?v=SqlMT1L7kXM, published 22 November 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/oyakodon