

Baked Japanese Curry Rice

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/baked-japanese-curry-rice-recipe>

Ingredients:

- 200 grams meat pork or beef or boneless chicken thigh, clean and cut into bite size
- 1 yellow onion medium, coarsely chopped
- 3 medium potatoes peeled, cut into bite size chunks
- 1 large carrot peeled, cut into bite size chunks
- 2 cloves garlic minced
- 2 tablespoons vegetable oil
- 2 cups water
- 50 grams curry roux Japanese, *, I used Kokumaro brand, medium hot
- 1 tablespoon ketchup
- 4 cups cooked rice
- 1 cup broccoli floret
- 4 eggs
- shredded cheddar cheese some, or mozzarella cheese, or combination of both

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 250 milligrams
4. Fat: 27 grams
5. Fiber: 9 grams
6. Protein: 22 grams
7. SaturatedFat: 8 grams
8. Sodium: 210 milligrams
9. Sugar: 6 grams

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