

Yosenabe (Japanese Hot Pot)

Yield: 2 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-grilled-mussels-recipe>

Ingredients:

- 5 1/4 ounces fish fillets white meat, cut into bite size pieces, I used blue eye cod
- 4 prawns medium size, shrimps, deveined, note 1
- 4 mussels beard removed, shell cleaned
- 5 1/4 ounces chicken thigh fillets cut into bite size pieces
- 10 cabbage leaves Chinese, 350g, 12.3oz
- 1/2 bunch spinach 100g, 3.5oz
- 7 1/4 tablespoons carrot diagonally sliced into 5cm, 2" lengths
- 2 stems shallots scallions, diagonally sliced into 5cm, 2" lengths
- 6 shiitake mushrooms stem removed, note 2
- 5 1/4 ounces firm tofu or 1/2 pack of, cut into 6 small blocks
- 5 1/4 ounces shirataki or 1/2 pack of knotted, rinsed and drained, note 3
- 2 9/16 cups dashi stock note 4
- 2 11/16 tablespoons light soy sauce note 5
- 1 tablespoon rice wine sake, Japanese
- 1/2 tablespoon mirin