

Sanshoku Bento (Tri-coloured Japanese Rice Bowl)

Yield: 2 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-mince-beef-recipe>

Ingredients:

- 2 cooked rice servings of, refer to How to Cook Rice the Japanese Way
- 200 grams beef mince
- 1/2 tablespoon ginger finely chopped
- 1 1/2 tablespoons soy sauce
- 1 tablespoon sake
- 1 tablespoon mirin
- 1 tablespoon sugar
- 1/2 tablespoon cooking oil
- 1 cup frozen peas
- 1 pinch salt
- 2 eggs
- 1/2 tablespoon sugar
- 1 teaspoon sake
- 1 pinch salt
- 2 carrot round slices of, cut into flower shape, 3mm, 1/2" thickness, Note 1

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 280 milligrams
4. Fat: 23 grams
5. Fiber: 5 grams
6. Protein: 30 grams
7. SaturatedFat: 8 grams
8. Sodium: 1220 milligrams
9. Sugar: 17 grams
10. TransFat: 1 grams

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