

# Saucy Japanese greens with sticky sesame rice

Yield: 2 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/pak-choi-japanese-recipe>

## Ingredients:

- 1 tablespoon caster sugar
- 3/4 cup sushi rice
- 1 tablespoon sesame seed toasted
- 1 teaspoon sesame oil
- 1 tablespoon sunflower oil
- 2 3/4 cups broccoli long-stemmed, such as Tenderstem or purple sprouting
- 3 1/8 ounces pak choi pack baby, each halved lengthways
- 6 spring onions halved lengthways
- 2 tablespoons miso paste brown
- 1 tablespoon mirin
- 1 tablespoon rice wine vinegar
- 1 tablespoon soft brown sugar
- 2 teaspoons ginger finely grated
- 1 red chilli deseeded and diced

## Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 87 grams
3. Fat: 13 grams
4. Fiber: 10 grams
5. Protein: 14 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 730 milligrams
8. Sugar: 14 grams

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