

Takiyomi Gohan (Japanese rice)

Ingredients

Serves 4-5

2 bags microwavable white rice
1 tsp ginger
400g tofu
5 carrots
1 punnet shiitake mushrooms
1 tin bamboo shoots/water chestnuts
100g frozen peas
150ml dashi
1 ½ tbsp. mirin
2 tbsp. soy sauce
4 spring onions

Equipment

Knife
Chopping board
Hot pan
Measuring jug
Mixing bowl
Measuring spoons
Mixing spoon
Serving spoon

Method

1. Prepare the tofu by drying it out between some kitchen roll to remove excess liquid. Then prepare the vegetables, the carrots should be chopped Juliette style and the mushrooms, bamboo and water chestnuts should be sliced.
2. With the tofu in a mixing bowl, mash it up using a fork so it resembles scrambled egg.
3. Drizzle a little oil in the pan and fry the ginger with the carrots, bamboo shoots and water chestnuts. Once softened, add the mashed tofu and mix well.
4. After 3-4 minutes add the mushrooms and again, mix well.
5. Once combined, add the peas, dashi, mirin and soy sauce.
6. Add the bags of cooked rice and mix all the ingredients together, leave to simmer for 5 minutes.
7. Finish off with a scatter of sliced spring onions and serve hot!