

Mushroom & Egg “Gyudon”

Recipe recommended by ANISSA LEE
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MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	426kj	5%
Energy (kcal)	102kcal	5%
Fat	3.7g	5%
of which saturates	0.5g	3%
Carbohydrate	11g	4%
of which sugars	7.5g	8%
Fibre	1.6g	6%
Protein	3.4g	7%
Salt	1.2g	20%

Generated by Nutritics v5.61 on 18/08/2022

INGREDIENTS: (Serves 2 - 252kcal per 248g serving)

- 1 Tablespoon Oil, vegetable
- 70g King oyster mushroom, raw, shredded
- 240g Onion, yellow, raw, sliced
- 36g Soy sauce (**SOYA**) (**GLUTEN**)
- 4 Tablespoon Mirin (**GLUTEN**)
- 3 **EGGS**, raw, beaten
- 20g Spring onions, bulbs and tops, raw, sliced

OPTIONAL EXTRAS:

- 1 Tablespoon Sesame seeds (**SESAME**)

METHOD:

1. Heat vegetable oil in a saucepan on high and fry the mushroom for 8 minutes or until golden brown.
2. Set aside and fry the onions in the same saucepan for 5 minutes.
3. Add back the mushrooms into the onions and pour in the soy sauce and mirin. Cover the saucepan with a lid and let it simmer for another 5 minutes.
4. Lower down the heat to low setting, remove the lid and slowly pour in the eggs and cover again letting it cook for 2-3 minutes.
5. Serve with a bowl of rice and with sesame seeds on top if desired!

ALLERGENS



MODIFY

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CREDIT

Recipe by: Anissa Lee
Photo by: Anissa Lee