

# Bamboo Shoot Rice

## Ingredients (serves 2)

Rice	180 g
Boiled bamboo shoot	40 g
Carrots	20 g
Dried shiitake mushroom	2 g
(or Fresh shiitake)	20 g
Chicken thigh with skin	40 g
Fried tofu slices	20 g
Mitsuba (Japanese parsley)	5 g
☆Dashi (Japanese soup stock)	210 ml
☆Usukuchi (Light) soy sauce	10 g
☆Salt	0.5 g
☆Sake (Japanese rice wine)	5 g
☆Sugar	2 g



## Nutrient Analysis per Serving

Calories	414 Cal
Protein	15.1 g
Potassium	308 mg
Phosphorus	184 mg
Sodium	472 mg
(Sodium chloride equivalent)	1.2 g

## Directions

1. Start by washing the rice thoroughly until the water becomes clear. Drain the water with the sieve.  
\*If the rice is low in water content, put it in the water and let it soak for 30 to 60 minutes after washing.
2. Cut bamboo shoots and carrots into thin rectangles and boil them for a few minutes.
3. Rehydrate, squeeze and cut dried shiitake mushroom into thin slices.
4. Slice the chicken diagonally into long, thin strips.
5. Cut fried tofu in half vertically and cut each portion into thin slices.
6. Cut mitsuba into 2-3cm sections and blanch. Put them in cold water and squeeze out the excess water.
7. In a rice cooker, add the rice from step 1. Add vegetables, mushrooms, chicken and fried tofu of steps 2-5, and the ingredients with a [☆]. Turn on the rice cooker.
8. Spoon the bamboo shoot rice into a rice bowl, garnish with mitsuba from step 6, and serve.

## Points

- You can substitute various types of mushrooms for bamboo shoots.
- You can substitute various types of shellfish for chicken, too. They're very delicious.
- Adding some oil (10g or less) when cooking in step 7 will help the rice look shiny. It also helps increase your energy intake.

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