KIKKOMAN

Korean jeongol hot pot—sukiyaki style

Total time **40 mins** **30 mins** preparation time **10 mins** cooking time

Nutritional facts (per portion):
2,531 kJ / 605 kcal

Fat: **34.5 g** Protein: **32.7 g**
Carbohydrates: **49.7 g**

INGREDIENTS

4 portion(s)

300 g	thinly sliced beef or pork (minced beef or tofu also suitable)
1	garlic clove, grated
120 ml	Kikkoman Teriyaki Sauce with Toasted Sesame
300 g	daikon radish, julienned
300 g	carrot, julienned
100 g	spring onions
100 g	spinach
150 g	mushrooms (e.g. shiitake or enoki)
1	red pepper (200 g)
4	eggs
100 ml	water
2 tbsp	Kikkoman Toasted Sesame Oil

Ingredients for the fried rice:

2 tbsp	Kikkoman Toasted Sesame Oil
300 g	cooked rice
1 tbsp	Kikkoman Teriyaki Sauce with Toasted Sesame

PREPARATION

Step 1

300 g thinly sliced beef or pork (minced beef or tofu also suitable) - **1** garlic clove, grated - **120 ml** Kikkoman Teriyaki Sauce with Toasted Sesame
If using beef or pork slices, cut into bite-sized strips. Combine the Kikkoman Teriyaki Sauce with Sesame and grated garlic in a bowl. Add the meat or tofu, coat evenly and leave to marinate for at least 10 minutes while you prepare the vegetables.

Step 2

300 g daikon radish - **300 g** carrot - **100 g** spring onions - **100 g** spinach - **150 g** mushrooms (e.g. shiitake or enoki) - **1** red pepper (200 g)
Julienne the daikon and carrot into 6 cm long thin strips. Cut the spring onions, spinach and red pepper into 6 cm lengths. Slice the mushrooms into 5 mm thick pieces.

Step 3

2 tbsp Kikkoman Toasted Sesame Oil
Put the Kikkoman Sesame Oil in a pot. Divide the marinated meat from step 1 into 5 portions and arrange in a circle with spaces in between. Place the vegetables from step 2 evenly around the meat in the same circular pattern.

Step 4

4 eggs - **100 ml** water
Crack the eggs into the space in the centre of the pot. Set the pot over a medium heat and pour the water evenly around the ingredients. When the eggs and vegetables are cooked through, stir gently to combine and serve.

Step 5

2 tbsp Kikkoman Toasted Sesame Oil **300 g** cooked rice - **1 tbsp** Kikkoman Teriyaki Sauce with Toasted Sesame

Heat the Kikkoman Toasted Sesame Oil in a pan. Add the cooked rice and Kikkoman Teriyaki Sauce with Sesame and stir-fry until heated through.