KIKKOMAN

Shabu-Shabu (Japanese Hot Pot)

Total time **20 mins** **20 mins** preparation time

Nutritional facts (per portion):
1,854 kJ / 443 kcal

INGREDIENTS

2 portion(s)

150 g	thinly sliced beef (for cooking)
4	shiitake mushrooms (or regular or oyster mushrooms)
150 g	hakusai (Chinese cabbage) (or savoy cabbage or Swiss chard)
0.5 bunch	spinach, dandelion or rocket
0.5 bunch	spring onions (or leek)
600 ml	stock: 1 piece of seaweed and water (or fish, meat or vegetable stock)
	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
	Kikkoman Sesame Sauce

For the sesame sauce (home-made):

4 tbsp	tahini or peanut paste
2 tbsp	apple juice
1.25 tbsp	Kikkoman Naturally Brewed Soy Sauce
0.5 tsp	sugar
	white pepper to taste

PREPARATION

Step 1

Cut the beef into pieces. Remove the shiitake mushroom stems and cut the rest decoratively. Cut the stem of the Chinese cabbage into strips 4-5 cm long and cut the leaves into bite-sized pieces. Roughly chop the spinach and slice the spring onions diagonally into pieces 5-6 cm long. Mix together the ingredients for the sesame sauce. Heat up the stock. Allow the beef to lightly cook in the stock, then cook the remaining ingredients during the course of the meal. Enjoy the shabu-shabu with sesame sauce and ponzu as dipping sauces.