

Preparation time: 15 mins

Serves: 4 people

User Rating: ★★☆☆☆

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The name of this dish in Japanese translates to parent and child over rice - a little funny if you think too hard about it. It requires minimal prep and is very quick to cook so makes an excellent weeknight dish.



Ingredients

- 3 chicken thighs, about 400 g, cut into bite-sized pieces
- 1 white onion, thinly sliced
- 2 tbsp soy sauce
- 2 tbsp mirin
- 2 tbsp sake

- 2 tbsp sugar
- ½ cup dashi, or stock of choice
- 4 eggs
- Steamed rice, to serve
- Sliced spring onions, to garnish (optional)

Method

1. Place chicken and onion into a medium frypan, do not turn on yet. In a small jug, add the soy, mirin, sake, sugar and dashi. Mix well to dissolve the sugar. Pour this over your chicken and onions then turn the pan onto high heat.
2. Once it begins to boil turn the heat to low and simmer for about 5 minutes until the chicken is cooked through. Meanwhile, crack and lightly beat eggs. Once chicken is just cooked, pour eggs over the top in an even layer and do not disturb. Cook another few minutes until the eggs have set.
3. Serve over a bowl of steamed rice with a sprinkle of sliced spring onions to garnish.

Notes

Recipe by Camellia Ling Aebischer.