

# TERIYAKI SURPRISE

## FOR THE SAUCE

2 TABLESPOONS OF SAKE

4 TBSP MIRIN

4 TBSP SOY SAUCE

2 TBSP BROWN SUGAR

2 TEASPOONS GRATED GINGER

SPLASH OF SESAME OIL FOR THE SAUCE

YOUR CHOICE OF PROTEIN

YOUR CHOICE OF VEG

*a #simpletastes recipe for Jump! Parents by Asha Fowells*

# METHOD

Put on the rice to cook (I do one cup rice to two cups hot water with a splash of oil and a sprinkle of salt, bring to the boil then stir and turn down as low as it will go with a lid on for 10 minutes, but you might have different ideas).

Now, if you are doing fish or meat, mix the sauce ingredients in a large dish, big enough to take the protein once combined. If not, mix them in a small jug.

Put a large frying pan on the cooker, heat and add a splash of normal (ie, sunflower or olive) oil. Stick in the protein (fish it out of the marinade if that's what you are doing), allowing it to brown. Once you have reached this stage, tip in the marinade, bring to a bubble, then turn down to a simmer and tip in the veg. Give it a few more minutes, then when the veg is just softening and the protein cooked, serve on a bed of rice. If at any point it looks to be getting a bit dry, add a little bit of water. You want this to be sticky and a bit saucy, not shrivelled.

Adults may like a sprinkle of chilli oil, I know I do. If you're kids are more robust than mine, add some chilli to the marinade.

Marvel at how clever you are while eating. The get someone else to wash up because you have cooked.

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