JAPANESE · DINNER · LUNCH

Shogayaki (Japanese Ginger Pork) with Shredded Cabbage

25 min · Serves 2 · 622 kcal a serve · Video 11:08 · Aaron and Claire

No dairy listed · No nuts listed

Thin-sliced pork loin gives about 40 g of protein a serve, and the big pile of raw cabbage adds vitamins C and K. The pork is only dusted with starch and finished in a quick soy, mirin and fresh-ginger sauce rather than battered.

Diet notes: Gluten-free with a swap: Use tamari instead of soy sauce and check that your mirin and sake are gluten-free.

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Ingredients 15 · SERVES 2

- [ ] 12 oz thinly sliced **pork loin**
- [ ] 1 small knob of **fresh ginger** (about 1 tbsp grated), with its juice
- [ ] 3 tbsp **soy sauce**
- [ ] 3 tbsp **mirin**
- [ ] 3 tbsp **sake**
- [ ] 2 tsp **sugar**
- [ ] 1 tbsp **water**
- [ ] ½ **onion**, sliced
- [ ] ¼ **cabbage**, very finely shredded
- [ ] 2 tbsp **potato starch** (or cornflour), for a light coating
- [ ] a pinch of **black pepper**
- [ ] a pinch of **salt** for the onion
- [ ] 2 tbsp **neutral oil**, divided
- [ ] a few **cherry tomatoes**, to serve (optional)
- [ ] a few **shishito peppers**, grilled, to serve (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Soy, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Scrape the skin off the ginger with a spoon and grate it over a bowl so you keep the juice. Stir in the soy sauce, mirin, sake, sugar and water to make the sauce. 1:25
2. Slice the onion, not too thin. Shred the cabbage as finely as you can, soak it in cold water for a minute or two to crisp it, then drain well. 2:20
3. Nick the edges of the pork slices so they lie flat, season both sides with black pepper and dust lightly with potato starch. 3:25
4. Heat 1 tbsp oil in a large pan over medium-high heat and fry the onion with a pinch of salt for 3–4 minutes until soft and browned. Lift it out. 4:35
5. Add the remaining oil and sear the pork in two batches, a minute or two per side, just until no longer pink. 4:52
6. Return the pork and onion, turn the heat to medium, pour in the sauce and simmer 2–3 minutes, turning the pork until the sauce thickens and coats it. Serve beside a mound of cabbage with the pan sauce, plus the tomatoes and grilled shishitos if using. 5:26

> **Tip** Serves 2 (written recipe); eat it with steamed rice. Pork shoulder works too. For less sugar, cut the mirin to 2 tbsp. Leftovers keep 2 days in the fridge.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
622 kcal	40 g	38 g	4.8 g	31 g	1,520 mg
2,600 kJ	80% of a day	33 g net · 23 g sugars	17% of a day	7.1 g saturated	66% of a day
		14% of a day		40% of a day	

Energy from net carbs 23% · protein 28% · fat 49% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 97% · Vitamin K 91% · Omega-3 81% · Vitamin C 73% · Vitamin B6 64% · Vitamin B12 38% · Zinc 33% · Potassium 22% · Vitamin E 20%

Source of (10–19%) Magnesium 19% · Folate 18% · Iron 14%

⚠ One serve has about 66% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Aaron and Claire (@AaronandClaire) on YouTube — youtube.com/watch?v=L1IPqXj3G2c, published 6 September 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/shogayaki-ginger-pork-with-cabbage