

Japanese Oyakodon (Chicken & Egg Rice Bowl, Gluten-Free)

Ingredients

- 1 cup gluten-free chicken broth
- 3 tbsp gluten-free tamari
- 1 tbsp mirin (check GF) + 1 tsp sugar
- 1 small onion, thin slices
- 2 boneless skinless chicken thighs, thin strips
- 3 large eggs, lightly beaten
- 2–3 cups hot cooked rice (GF)
- Sliced scallions, to garnish

Instructions (step by step)

1. Simmer sauce: In a medium skillet, combine broth, tamari, mirin, and sugar. Bring to a gentle simmer over medium heat.
2. Onion: Add onion slices. Simmer 3 minutes until slightly tender.
3. Chicken: Add chicken strips. Simmer 5–6 minutes until cooked through.
4. Eggs: Pour beaten eggs evenly over the surface. Cover and cook 1–2 minutes until eggs are just set but still soft.

5. Serve: Spoon the chicken-egg mixture over hot rice. Top with scallions.

Benefits

- Complete protein from chicken and eggs.
- Quick, single-pan meal.
- Gluten-free when using tamari and GF mirin.