

## Gluten-Free Bento Box



### 📖 Nutritious & Colorful Bento Recipe & Presentation Guide 📖

#### 1. Fluffy Dashi Tamagoyaki (Japanese Omellet)

A classic side dish with a gentle sweetness and fluffy texture!

##### 📖 Ingredients (1-2 servings)

- 2 eggs
- 50ml dashi stock (1g bonito or kombu dashi + 50ml water)
- ½ tsp honey or 1 tsp GF mirin
- 1/2 tsp soy sauce
- Oil (for cooking)

##### 💧 Instructions

1. **\*\*Prepare the egg mixture:\*\*** Crack the eggs into a bowl, add dashi, mirin, soy sauce, and salt, and mix gently (avoid over-beating).
2. **\*\*Cook:\*\*** Lightly oil a pan and heat over medium heat. Pour in 1/3 of the egg mixture, allow it to set slightly, then roll it up. Repeat twice with the remaining mixture.
3. **\*\*Shape:\*\*** Wrap the rolled egg in a bamboo mat (or a thin cloth) to shape it. Once cooled, slice and place in the bento.

#### 🔑 2. Teriyaki Chicken

A savory-sweet glaze makes this a perfect rice pairing!

##### 📖 Ingredients (1-2 servings)

- 200g boneless chicken thigh
- 1 tsp rice bran oil
- 2 tbsp soy sauce
- 1.5 tbsp honey or 2 tbsp GF mirin

##### 💧 Instructions

1. **\*\*Cook the chicken:\*\*** Pat the chicken dry and cut into bite-sized pieces. Heat the oil in a pan and cook both sides until golden brown.

2. **\*\*Glaze with sauce:\*\*** Once the chicken is fully cooked, add soy sauce and honey or GF mirin, then simmer over low heat until the sauce thickens.
3. **\*\*Finish:\*\*** Let it cool slightly before placing it in the bento.

### 3. Quick Pickled Cucumber with Salt & Sesame Oil

A refreshing and simple palate cleanser!

#### Ingredients (1-2 servings)

- 1/2 cucumber (thinly sliced diagonally)
- A pinch of salt
- 1 tsp sesame oil

#### Instructions

1. **\*\*Salt the cucumber:\*\*** Sprinkle salt over the sliced cucumber and let it sit for 5 minutes. Squeeze out excess water.
2. **\*\*Season:\*\*** Toss with sesame oil and mix well.

### 4. Green Vegetables with Honey-Sesame Dressing (Tahini-based)

A rich sesame flavor combined with natural honey sweetness!

#### Ingredients (1-2 servings)

- 50g broccoli (or spinach, Bok choy)
- 1 tbsp tahini (sesame paste)
- 1 tsp soy sauce
- 1 tsp honey

#### Instructions

1. **\*\*Prepare the vegetables:\*\*** Blanch broccoli briefly and drain. If using leafy greens, blanch and squeeze out excess water.
2. **\*\*Make the dressing:\*\*** Mix tahini, soy sauce, mirin, and honey until smooth.
3. **\*\*Combine:\*\*** Toss the vegetables with the dressing and mix well.

#### Bento Presentation Guide

- 1** **\*\*Layer the rice:\*\*** Spread a layer of quinoa-mixed rice evenly at the base of the bento box. Add edamame for color and nutrition. (see the rice recipe)
- 2** **\*\*Arrange the teriyaki chicken:\*\*** Place it over 1/3 to nearly half of the bento box, ensuring the sauce is well-coated.
- 3** **\*\*Position the tamagoyaki:\*\*** Neatly arrange three slices, slightly overlapping for an appealing presentation.
- 4** **\*\*Add the side dishes:\*\*** Place the green vegetables with honey-sesame dressing and the pickled cucumber in separate sections.
- 5** **\*\*Enhance with mini tomatoes:\*\*** Halve mini tomatoes and place them in gaps for vibrant color contrast.

## STEAMED JAPANESE RICE

### INGREDIENTS & Utensils:

- 2 rice-cooker cups\* (total of **540 ml**) of sushi rice and 1 rice-cooker cups of tri quinoa
- Water (according to rice cooker instruction), Rice cooker

### INSTRUCTIONS (how to cook)

1. **Important! 1 rice cooker cup is 180 ml.**



2. Put the rice in a large bowl. In the beginning, flush the rice, straining and discarding the water immediately as Rice absorbs water very quickly and you don't want the rice to absorb the dirty water. Now use your fingers to gently wash the rice by moving in a circular motion.30 times. (this polishes the rice granules)



3. Rinse again and discard/strain water. Repeat this process a couple more times until water is clear.



4. Now put the rice into the rice cooker and add cold water to just under the 3 cup line. Let the rice soak in the water for a minimum of 30 minutes. Then start cooking.



**MESHAGARE !!! (LET'S EAT AND ENJOY!)**