



# Cook / Local Japan



## Today's recipe

### "Imabari Teppan-yakitori"

*Sweet soy sauce stir-fried chicken.  
It is a popular dish in Imabari, a city in the north-eastern part of Ehime prefecture.*

>> Serves: 2

>> 10 mins to prepare and 10 mins to cook

↓ Regular supermarket(R), Japanese grocery store(J)

Available at		① Ingredients & Preparation		
<input type="checkbox"/>	R	1 tbsp	<b>oil</b>	
<input type="checkbox"/>	R	250g	<b>chicken thigh (boneless, with skin)</b>	for meat: cut into bite-sized pieces for skin: cut into 5 cm squares

<input type="checkbox"/>	R	J	1 tbsp	<b>mirin</b>	
<input type="checkbox"/>	R	J	1 tbsp	<b>soy sauce</b>	
<input type="checkbox"/>	R		1 tbsp	<b>honey</b>	

<input type="checkbox"/>	R		100g	<b>sweetheart cabbage</b>	roughly chopped
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## Place / Prefecture

**Ehime**

Why not visit the official tourism website (while eating this dish)?



## ② Method

1 Heat the **oil** in a pan over a medium heat and add the **chicken**. Cook until the surface of the chicken is seared.

2 Add the **mirin**, **soy sauce** and **honey** in the pan and fry for a few minutes.

3 Serve on plates and garnish with the **cabbage**.