

# Sautéed Lotus Root with Miso Sauce

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レンコンの味噌炒め



## Ingredients (Servings 2)

7 oz. Lotus Root  
7 oz. Thin Sliced Meat (any kind)  
2 small Green Bell Peppers  
1 Tbsp. Vegetable Oil  
1 Tbsp. Miso Paste  
½ Tbsp. Sugar  
1 Tbsp. Cooking Sake  
2 Tbsp. Dashi Stock (any kind)







Cut the thin sliced meat into small pieces. Heat 1 Tbsp. of vegetable oil in a pan and cook the meat for 5 minutes over medium heat until it turns a brown color.

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Meanwhile, peel the lotus root with a peeler and cut into bite size pieces.



Cut seeded and washed green bell peppers into thin strips.





Add the lotus root and the green bell pepper to the pan. Stir-fry over medium heat until the oil coats all ingredients. Put a lid on the pan and cook for 10 minutes over low heat until it cooks through.

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Meanwhile, in a small bowl, combine 1 Tbsp. of Miso paste,  $\frac{1}{2}$  Tbsp. of sugar and 1 Tbsp. of cooking Sake. Mix well.





After 10 minutes, add the miso sauce to the pan and sauté over medium heat for 5 minutes.

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