Title: Microwave Oyakodon

Prep Time: 10 minutes    Cook Time: 15 minutes    Yield: 3

Ingredients:
- 3 Chicken thighs, deboned, cubed into 1-inch pieces

SEASONING
- 4 Tbsp Mirin
- 3 Tbsp Soy Sauce
- 1/2 cup Water
- 6-8 grates of ginger

VEGETABLES
- 3 stalks green onion
- 1/2 Onion, sliced
- 1 cup green cabbage, sliced
- 2 tsp Vegetable oil

RICE
- 1 cup short-grain rice
- 2 cup water

EGG MIXTURE
- 2 Tbsp Dashi stock powder
- 2 Tbsp water
- 3 Eggs, lightly beaten

Instructions:
1. Microwave the rice with the water for 5 minutes, covered.
2. Stir the rice making sure to bring the rice from the outside in, and vice versa. Microwave, covered for another 5 minutes. Rest on the counter for 5 or more minutes.
3. Slice the green onion stalk. Separate the green part from the white, and set aside.
4. Slice the onion, add to a microwaveable bowl with the white stalks, and vegetable oil. Heat in the microwave for 1 minute, covered.
5. Slice the green cabbage thinly, and add to the bowl with cooked onion mixture. Mix thoroughly.
6. Cube the chicken, and mix with the seasoning.
7. Add the seasoned chicken mixture on top of the cabbage, and then heat in the microwave, covered, for 3 minutes 30 seconds.
8. Whisk the egg mixture together with a fork.
9. Pour the lightly beaten egg mixture on top, heat in the microwave for 1:30 to 2:00 minutes (depend on how you like your egg, heat for additional 10 seconds each time, until the egg is cook to the stage that you like).
10. Pour over a warm bowl of rice, top with sliced green onion, serve immediately.

Cabbage is part of the cruciferous vegetable and has a crunchy texture with a mildly sweet flavor. It is a great source of Fiber, Vitamin K, and C. The exact origins are hard to trace but it became a prominent part of European cuisine in the Middle Ages.

Total Cost of this meal: $8.05 or $2.69/serving