3 Coloured Rice (San Shoku Gohan)

Looking for a colourful and flavourful dish to impress your guests at your next dinner party? Look no further than San Shoku Gohan, or 3 Coloured Rice. This beautiful and delicious Japanese dish is as fun to make as it is to eat. Let's dive into the recipe and learn how to make San Shoku Gohan!

Ingredients for 3 Coloured Rice:

- 1 package of [Nutrafarms Grass Fed Found Beef](#)
- 1 tbsp finely chopped ginger
- 1 1/2 tbsp soy sauce
- 1 tbsp Mirin
- 1 tbsp brown sugar
- 1/2 tbsp olive oil
- 1 cup of blanched spinach
- 2 tbsp of roasted sesame seeds¼ cup of Dashi
- soy sauce
- 4 eggs
- 1/2 tbsp brown sugar
- 3 tsp 10% cream
- pinch of salt
- soy sauce to taste

Prep & Directions for Spinach:

1. Blanch the spinach by placing it in boiling water for 30 seconds, then plunging it into cold water.
2. Cut the spinach into thin strips.
3. Squeeze out the excess water and place in a bowl.
4. Add roasted sesame seeds and soy sauce.
5. Mix well.

Prep & Directions for Egg:

1. Crack 4 eggs into a bowl.
2. Add cream, brown sugar, salt, and soy sauce.
3. Whisk until well combined.
4. Cook until the eggs are about 90% finished, then set them aside for later.

Prep & Directions for Ground Beef:

1. Heat olive oil in a pan over medium-high heat.
2. Add the grass-fed beef and cook until it's about 70% finished.
3. Stir in the dashi, ginger, soy sauce, Mirin, and brown sugar.
4. Turn down the heat and let simmer for 5 minutes.

Final Thoughts:

This San Shoku Gohan recipe is not only delicious but also visually stunning. The three colours of rice create a beautiful and eye-catching presentation, making it the perfect dish for any occasion. Try it out for yourself and impress your guests with this delicious Nutrafarms recipe!

Don't forget to share your cooking experiences and photos with us. And if you haven't already, be sure to check out [Nutrafarms' selection of grass-fed beef](#) and other high-quality products for your next culinary adventure. Happy cooking!