

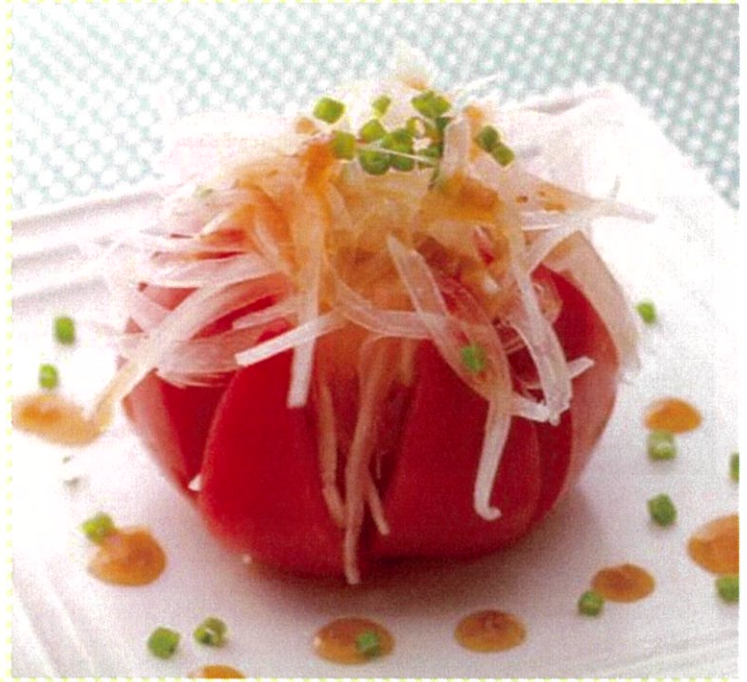


# Triple Balance®

## Non Oil Onion

### Sweet flavor of onion

Calorie is less than 40 kcal, sugars are less than 5g and salt is less than 50 % comparing to "Japanese flavor dressing type seasonings" of Japanese food standard per 100g.  
20% of this dressing consist of onion and Shiitake mushroom. It is a soy sauce based dressing which bonito flavor is rich.



Product Code	15733 (1L) 15741 (500ml) 15748 (200ml)
JAN Code	4971880157336 4971880157411 4971880157503
Packing Style	1L x 9 500ml x 12 200ml x 20
Shelf Life	300 days in room temperature
Ingredients	Onion, Vinegar, Soy sauce, Amino Acid Solution, Bonito fish extract, Thickener (Modified Starch, Xanthan), Potassium Chloride, Dried Onion, Seasoning (Amino acid etc.), Salt, Dried Shiitake Mushroom, Yeast extract, Spice, Sweetener (Sucralose), Flavoring
Nutrition Facts (per 100g)	Energy 30kcal Protein 2.0g Total fat 0.1g Carbohydrates 5.4g Sodium 1108mg Salt 2.80g

### Carpaccio of SASHIMI

#### Ingredients

- 80g your favorite Sashimi
- 40g shredded Japanese radish
- 20g shredded cucumber
- 10g shredded carrot
- adequate amount of spring onion
- 20g Triple Balance non oil onion



#### Directions

- ① Mix Japanese radish, cucumber and carrot. Place them on a plate as dome-like shape.
- ② Place Sashimi on it and top with spring onion. Pour Triple Balance non oil onion.

### Tuna Tataki with Onion Sauce

#### Ingredients

- 80g Tuna Tataki
- 20g shredded Japanese radish
- 10g shredded cucumber
- 4g sliced yellow paprika
- 2g shredded carrot
- 3g fried onion
- 2g sliced spring onion
- 25g Triple Balance non oil onion



#### Directions

- ① Place Tuna Tataki on a plate.
- ② Mix Japanese radish, cucumber, yellow paprika and carrot and put them on the middle of Tuna Tataki.
- ③ Pour Triple Balance non oil onion and top with fried onion and spring onion.

### Beef Stake

#### Ingredients

- 150g Beef stake
- 30g Triple Balance non oil onion
- your favorite vegetables



#### Directions

- ① Place stake on a plate. Pour Triple Balance non oil onion.
- ② Garnish with your favorite vegetables.

## Dumpling with refreshing taste onion sauce

### Ingredients

- 5 pieces dumplings
- 20g Triple Balance non oil onion



### Directions

- ① Place dumplings on a plate.
- ② Put Triple Balance non oil onion in a small cup.

## As a sauce for Sushi

### Ingredients

- your favorite Sushi
- 20g Triple Balance non oil onion



### Directions

- ① Dip your favorite sushi into Triple Balance non oil onion before you eat.



## Horse Mackerel and Colorful Vegetable Marinating

### Ingredients

- 70g fried horse mackerel
- 40g Triple Balance non oil onion
- 30g chopped red paprika
- 30g chopped yellow paprika
- 30g half cut green beans, sauteed
- 40g shredded carrot, sauteed



### Directions

- ① marinate fried horse mackerel still it's warm in Triple Balance non oil onion.
- ② Toss red paprika, yellow paprika, green beans and carrot with ①.
- ③ Serve on a dish.

## Japanese taste Hamburger

### Ingredients

- 1 piece of hamburger
- 30g Grated Japanese radish
- 100g Triple Balance non oil onion

### 【Garnish】

- 50g diagonal cut tomato
- 80g corn
- 100g vegetables



### Directions

- ① Place hamburger on a plate.
- ② Put grated Japanese radish on a hamburger and pour Triple Balance non oil onion.
- ③ Garnish with tomato and vegetables.

## Sea Food Sushi Salad

### Ingredients

- 180g rice
- 5g bite size cut Greenleaf
- 10g shredded lettuce
- 5g 4cm length cut Mauna
- 18g boiled shrimps
- 20g 1.5cm diced Atsuyaki Egg
- 15g 1.5cm diced squid
- 20g 1.5cm diced salmon
- 10g radish sprouts
- 5g flying fish roe
- adequate amount of sesame
- 30g Triple Balance non oil onion



### Directions

- ① Place rice on a plate and arrange greenleaf, lettuce and mizuna on the rice.
- ② Top with shrimps, Atsuyaki Egg, squid, salmon and radish sprouts.
- ③ Sprinkle with flying fish roe and sesame. Pour dressing before eating.

## Chicken and Mushroom Salad

### Ingredients

- 15g greenleaf
- 8g bite size cut lettuce
- 8g 4cm length cut mizuna
- 6g sliced purple onion
- 15g shredded Japanese radish
- 20g Shimeji mushroom, sauteed
- 12g steamed chicken breast
- 15g 1.5cm diced squash, boiled
- 18g half cut cherry tomato
- 20g Triple Balance non oil onion



### Directions

- ① Place greenleaf, lettuce and mizuna on a dish.
- ② Add purple onion, Japanese radish, Shimaji mushroom and chicken breast.
- ③ Top with squash and cherry tomato. Pour Triple Balance non oil onion.