

Foodnity Recipes

Soy Marinated Eggs – Quick & Easy Recipe

10 min Prep time	**8 min** Cook time	**18 min** Total time
6 Servings	**Easy** Difficulty	**Asian** Cuisine

Ingredients

Main Ingredients

- [ ] 6 large eggs
- [ ] 1/2 cup soy sauce
- [ ] 1/4 cup mirin
- [ ] 2 tbsp rice vinegar
- [ ] 1 tsp sugar
- [ ] 1 garlic clove, thinly sliced
- [ ] Optional: 1/2 tsp red pepper flakes

Instructions

1. Bring a pot of water to a gentle boil, lower the heat, and carefully add the eggs; simmer for 6 minutes for a soft-boiled center.
2. Transfer the eggs to an ice bath for 2 minutes, then peel while still warm.
3. In a bowl, whisk together soy sauce, mirin, rice vinegar, sugar, and garlic; stir until sugar dissolves.
4. Place peeled eggs in a zip-lock bag, pour the brine over them, seal, and refrigerate for at least 4 hours or overnight.
5. When ready, remove eggs, slice in half, and drizzle with a splash of the remaining brine; garnish with sesame seeds or fresh herbs if desired.

Nutrition per serving

80 kcal	6 g	6 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a firmer yolk, increase simmer time by 1-2 minutes.
- For a sweeter glaze, add an extra teaspoon of honey or maple syrup.
- You can substitute tamari for soy sauce to keep it gluten-free.