

Everything
Herbal
by Cheryl Jabz

SHISO RICE

A CLASSIC JAPANESE HERBAL RECIPE

Light, fragrant, and beautifully simple.
Shiso rice highlights the unique,
refreshing flavor of shiso leaves—
a traditional Japanese herb
treasured for its taste
and wellness benefits.

INGREDIENTS

- 2 cups cooked Japanese rice
- 6–8 fresh shiso leaves
(or 1 tbsp shiso furikake)
- 1 tsp toasted sesame seeds
(optional)
- Pinch of sea salt (optional)

SHISO (PERILLA)

Aromatic, slightly minty herb
rich in antioxidants.
Traditionally used to support
digestion, immunity, and
overall wellness.

DIRECTIONS

- 1 Cook rice according to package instructions and allow to cool slightly.
- 2 Wash shiso leaves and pat dry. Remove stems and thinly slice or finely chop.
- 3 Gently fold the shiso into the warm rice.
- 4 Sprinkle with toasted sesame seeds and a pinch of sea salt, if desired.
- 5 Serve warm or at room temperature as a perfect side dish for any Japanese meal.

BENEFITS

- Shiso is rich in antioxidants and has anti-inflammatory properties.
- Supports digestive health and helps reduce bloating.
- Contains essential oils that may support allergies and immunity.
- Adds a refreshing flavor while promoting natural wellness.

Deuteronomy 8:7–8 (KJV)

"For the Lord thy God bringeth thee into a good land... a land of wheat, and barley, and vines, and fig trees, and pomegranates; a land of oil olive, and honey."



DOWNLOAD THIS RECIPE!

Scan the QR code or visit
our website to download
more herbal recipe guides,
tips, and natural living
resources.



Scan to Visit
Our Website!

Fresh Herbs • Natural Flavors • Whole Foods

Herbal Recipes from Around the World



Print • Save • Share



www.EverythingHerbalbyCherylJabz.com

