

Korean-Style Marinated Eggs



*These Korean-style marinated eggs are a simple and delicious way to add a rich umami flavour to your meals. Inspired by the popular mayak eggs, they are marinated in a savoury mixture of soy sauce, ginger, and sesame oil. Perfect for topping [savoury toasts](#), serving with rice, or adding to a [bento box](#), they come together in just minutes and keep well in the refrigerator for several days. A **great make-ahead protein option for weekly meal prep**.*

Preparation 10 min

Cooking 8 min

Servings 6

Nutrition Facts (per serving)

Calories 95

Fat 6

Carbohydrates 2

Fibre 0

Protein 7

Sodium 230

Ingredients

- 6 large eggs

- 125 mL (½ cup) water
- 80 mL (⅓ cup) reduced-sodium soy sauce*
- 30 mL (2 tbsp) rice vinegar
- 30 mL (2 tbsp) maple syrup
- 15 mL (1 tbsp) toasted sesame oil
- 15 mL (1 tbsp) fresh grated ginger
- 2.5–5 mL (½–1 tsp) crushed red pepper flakes
- 3 green onions, thinly sliced (green part only for a low-FODMAP diet)

Preparation

1. Bring a saucepan of water to a boil. Carefully lower the eggs into the water and cook for **7 minutes** for a jammy yolk or **9 minutes** for a fully set yolk.
2. Immediately transfer the eggs to a bowl of ice water and let cool for 10 minutes. Gently peel the eggs.
3. In an airtight container (a large Mason jar or bowl), combine the water, soy sauce, rice vinegar, maple syrup, sesame oil, ginger, red pepper flakes, and green onions.
4. Add the eggs to the marinade, making sure they are fully submerged.
5. Refrigerate for at least 6 hours (ideally 12–24 hours) before serving.

Notes

Keeps in the refrigerator for up to 4 days. Do not freeze.

*For a gluten-free recipe, use certified gluten-free tamari instead of soy sauce.



