



"Nabe"(Japanese Hot Pot) Recipe

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During the winter season, "Nabe (Japanese hot-pot) dishes" are a popular menu item in Japan. Recently, "Nabe-no-moto (Hot-pot seasoning)" have become popular in Japanese supermarkets. With "Nabe-no-moto", you can easily add not only traditional Japanese flavors, but also a variety of other flavors to your Nabe dish. Here is a recipe for a nutritious and appetizing hot pot using such "Nabe-no-moto". Why don't you try it this winter?

Yose-nabe (1 person, about 30 minutes)


You can make it in any pot
(one-handed pot, clay pot, etc.) !

Ingredients

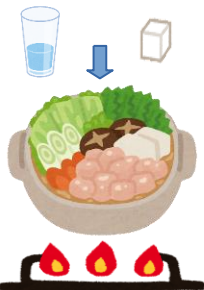
1	Any part of chicken meat	150 g
2	Chinese cabbage	2-3 sheets
3	Carrot	1/4
4	Shiitake mushroom	two pieces
5	Green onion	1/2
6	Tofu	1/4
7	Lemon	1/4
8	Frozen boiled udon noodles	1 pack
9	Yose-nabe no moto	1 piece
10	Water	Amount indicated on the Nabe-no-moto package
11	Egg	1 piece

How to make

1. Cut all the ingredients except for the udon into bite-sized pieces and place them in the pot.



2. Add the yose-nabe no moto and the specified amount of water to the pot.



3. Place the pot directly on the heat and let the ingredients cook. When the meat is cooked, it's ready to eat!
You can also squeeze some lemon on it when you eat.

4. After eating all or part of the ingredients, add the frozen udon noodles to the remaining soup. Add eggs at the end. When it comes to a boil, the second round of Nabe is ready to eat!

