

Soba Salad With Natto, Kimchi, Okra, And Poached Egg

Yield: 4 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/natto-recipe-indian>

Ingredients:

- 7 ounces soba noodles dried
- 5 5/8 ounces natto from a Japanese market
- 3 5/8 cups kimchi
- 4 eggs as fresh as possible
- 8 okra pods
- 1/2 tablespoon mirin
- 1/2 tablespoon soy sauce
- 1 teaspoon shichimi togarashi Japanese spice powder, or use a good chilli powder
- 1 cup dashi
- 1 tablespoon soy sauce
- 1 tablespoon mirin
- 1 tablespoon sake

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 210 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 17 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1110 milligrams
9. Sugar: 3 grams

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