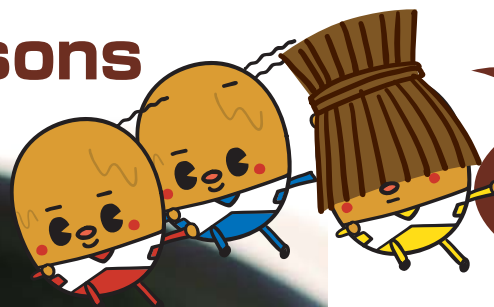


Easy Natto Dishes for the Seasons



Natto & Tofu Bean Curd Brother Bowl

Ingredients

- Natto - 1 pack
- Tofu bean curd - Half piece
- Egg - 2 pieces
- Onion - Half piece
- Trefoil - As much as you like
- Noodle soup - As much as you like
- Shredded seaweeds
- As much as you like

How to cook

1. Pour the noodle soup diluted with water into the pan. When boiled, put thinly sliced onions and bite-size tofu bean curd. Boil until onion is well cooked.
2. Put in the pan the beaten eggs and bite-size trefoils. Stop heating when the eggs become fluffy.
3. Place the 2 above over the rice in the bowl and put natto on it. Spray shredded dried seaweeds over it.

ポリアミンが若さをつくる

全納連

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