

Name: Junsai nabe (じゅんさい鍋)

Ingredients (4 servings)

As much water spinach as you like

300g jidori chicken

1 chicken guts

150g celery

3 green onions

150 g burdock root

200 g seasonal mushrooms

200 g konnyaku (konnyaku threads)

Half a tofu

60cc soy sauce

A pinch of sake

Nutritional Information

Calories 500kcal

Protein 100g

Fat 40g

Total salt 12g

Total vegetables 500g

Preparation

1 Make a large amount of chicken broth (about 800 cc).

2. Put the soup into a pot and bring to a boil, then add chicken and burdock root cut into bite-size pieces.

Simmer until cooked through.

When cooked through, drain off the scum, add soy sauce, and add sake as a secret seasoning.

4 Cook the konnyaku and mushrooms for 2~3 minutes, then add the green onion, Japanese parsley, and tofu.

5 Finally, add only the portion of junsai you will eat to the pot, and when it turns green in color, add it to the bowl with the other ingredients.

When the color turns green, serve in a bowl with the ingredients.