Ingredients

These are typically the ingredients used for nabe in Japan. If you do not have access some of the Japanese vegetables ingredients, that is okay. There are many variations of nabe and improvising to what meets your palate is encouraged.

	Recipe serves	
	1	
Ingredient	**Amount**	
Napa Cabbage (3x3inch squares)	2	Leaves
Komatsuna Japanese Mustard Spinach (3 inches)	3	Stems
Bok Choy (Cut in half)	1/2	Bok Choy
Shungiku	1	Stem
Shiitake Mushroom	2	Pieces
Carrot (Cut nickle sized)	5	Pieces
Enoki Mushroom	0.25	Package
Tofu	5	Oz
Negi *Green Onion* (cut into 3 inch pieces)	1	Stem
Chicken (2 inch pieces)	4	Oz
Kombu *Kelp*	2in	square
Shoyu *Soy Sauce*	2	Tbsp
Lemon Wedge	2	Tbsp
Mochi *Rice Cake* (Optional)	1	Piece
Udon Noodles	Tbd	Per person

