JAPANESE · DINNER

Japanese Chicken Hot Pot (Mizutaki Nabe) with Ponzu

45 min · Serves 3 · 505 kcal a serve · Video 4:47 · CHEF'S LABO

No dairy listed · No nuts listed

A big pot of vegetables, tofu and chicken poached in plain kombu broth with no added fat. One serve gives about 50 g of protein and 6 g of fibre, and the carrot supplies plenty of vitamin A.

Diet notes: Low saturated fat (5.3 g, 9% of the energy); Gluten-free with a swap: Make the ponzu with tamari instead of soy sauce, and check the mirin is gluten-free.

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Ingredients 14 · SERVES 3

- [ ] 1½ lb **boneless chicken thighs**, cut into bite-size pieces
- [ ] 1 tsp (5 g) **salt**, massaged into the meat
- [ ] 5 cups **water**, steeped with 8 g kombu and the shiitake stems for the broth (removed before serving)
- [ ] 2–3 pinches (6–7 g) **salt** for the broth
- [ ] 14 oz **napa cabbage**, cut into chunks
- [ ] 3½ oz **shiitake mushrooms**, stems trimmed
- [ ] 9 oz **carrot**, sliced
- [ ] 5 oz **green onion** (negi), cut on the diagonal
- [ ] 11 oz **silken tofu** (any type works), cut into blocks
- [ ] ¾ cup **soy sauce** for the ponzu dipping sauce (the batch makes about 2 cups; allow about 2 tbsp per person)
- [ ] ⅓ cup (6 tbsp) **rice vinegar** for the dipping sauce
- [ ] ⅓ cup (6 tbsp) **mirin** for the dipping sauce
- [ ] **kombu and bonito dashi** for the dipping sauce (⅓ cup / 6 tbsp water infused with 3 g kombu and ¾ oz bonito flakes, then strained)
- [ ] 1½ tbsp **lemon juice** for the dipping sauce

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Fish, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the chicken into bite-size pieces and toss with 1 tsp salt. Cut the cabbage into chunks, slice the carrot, trim the shiitake (keep the stems and offcuts for the broth), cut the green onion on the diagonal and the tofu into blocks. 0:03
2. For the ponzu, warm the water, kombu, rice vinegar and mirin over low-medium heat until it boils, add the bonito flakes off the heat and infuse a few minutes. Add the soy sauce and lemon juice (do not boil them), chill overnight, then strain. 0:58
3. Put the 5 cups of water, kombu and shiitake offcuts in a wide pot over medium heat. Take it off just before it boils, lift out the kombu and stems, and season lightly with a few pinches of salt. 2:41
4. Add the slower-cooking vegetables (carrot, shiitake and the thick cabbage stems), cover and bring to the boil over medium-high heat. Add the chicken; when it boils again, skim off the foam. 3:32
5. Arrange the tofu, cabbage leaves and green onion in neat groups and simmer briefly until the chicken is cooked through and the vegetables are tender. 4:14
6. Bring the pot to the table and dip each bite in ponzu. Add more ingredients to the broth as you eat. 4:39

> **Tip** Make the ponzu a day ahead (it keeps a month in the fridge), or use shop-bought. Most of the salt is in the broth and dipping sauce, so dip lightly. Finish the broth with cooked rice or noodles at the end.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
505 kcal	**52 g**	**24 g**	**6.3 g**	**21 g**	**2,480 mg**
2,110 kJ	105% of a day	18 g net · 11 g sugars	22% of a day	5.3 g saturated	108% of a day
		9% of a day		27% of a day	

Energy from net carbs 15% · protein 45% · fat 40% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin K 151% · Selenium 93% · Vitamin A 86% · Vitamin B6 70% · Vitamin C 56% · Folate 54% · Zinc 53% · Vitamin B12 41% · Potassium 31% · Magnesium 29% · Iron 28% · Omega-3 24%

Source of (10–19%) Calcium 17%

⚠ One serve has about 108% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: CHEF'S LABO (@CHEFSLABO) on YouTube — youtube.com/watch?v=RsVWGsDUT-o, published 28 October 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/japanese-chicken-hot-pot-mizutaki