JAPANESE · BREAKFAST · LUNCH

Natto Gohan with Kimchi and Green Onion

5 min · Serves 1 · 298 kcal a serve · Video 5:55 · Sudachi | Japanese Recipes | Yuto Omura

Pescatarian · No dairy listed · No nuts listed

Two ferments in one quick bowl: the natto and kimchi with rice give about 13 g protein, 3.5 g fibre and a quarter of a day's iron for about 300 kcal, with under 3 g sugars and moderate salt (about 400 mg sodium).

Diet notes: Low saturated fat (0.9 g, 3% of the energy); Gluten-free with a swap: Natto sauce packets usually contain wheat-based soy sauce; use tamari instead to keep it gluten-free.

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Ingredients 6 · SERVES 1

- [ ] 1 pack **natto** (fermented soybeans, about 45 g), small-bean (kotsubu) or crushed (hikiwari)
- [ ] the **dashi soy sauce** packet that comes with the natto (about 1 tsp)
- [ ] the **Japanese mustard** (karashi) packet, optional
- [ ] 150 g cooked **Japanese short-grain rice**, warm
- [ ] about 1 tbsp finely chopped **green onion** (green part only)
- [ ] 1–2 tbsp **kimchi**

Allergens found in the listed ingredients: Gluten, Fish, Soy, Mustard. 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. Put 150 g warm cooked rice in a bowl. 3:51
2. Open the natto, lift out the sauce packets and peel off the plastic film. Whisk the beans fast with chopsticks at least 50 times (ideally about 150) until light, foamy and stringy, before adding any sauce. 2:47
3. Add the sauce packet, the mustard if you like, and the chopped green onion, and mix well. 3:19
4. Spoon the natto over the rice, pile the kimchi on top and eat straight away. 5:16

> **Tip** Sudachi's other favourite toppings: 1 tbsp grated daikon, ¼ avocado, a pasteurised egg yolk, or 1 tbsp tempura flakes. Hikiwari (crushed) natto is milder for first-timers. Kimchi usually has fish sauce; use a vegan kimchi for a vegan bowl.

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

One serve gives you 1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
298 kcal	14 g	49 g	3.6 g	5.6 g	400 mg
1,250 kJ	27% of a day	46 g net · 2.7 g sugars	13% of a day	0.9 g saturated	17% of a day
		18% of a day		7% of a day	

Energy from net carbs 64% · protein 19% · fat 17%

High in (20%+ of a day) Selenium 30% · Iron 27% · Vitamin K 25% · Zinc 20%

Source of (10–19%) Magnesium 19% · Omega-3 18% · Vitamin B6 11% · Potassium 10% · Calcium 10%

Recipe and video: Sudachi | Japanese Recipes | Yuto Omura (@SudachiRecipes) on YouTube — youtube.com/watch?v=WqnbyghECYQ, published 6 June 2026. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/natto-gohan-kimchi