

# A NATTO POWDER RECIPE DIARIES

COMPILED BY SONOMONO



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# ACKNOWLEDGMENTS



*In Sonomono, we love to share our passion for healthy food. We feel fortunate that countless people share our values and daily post on how to use our products. Thank you to the following customers for allowing us to use their recipes. We invite you to visit their Instagram profiles for discovering their astonishing creativity and love for healthy food.*



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#sonomononatto



## NATTO PASTA CARBONARA



PREPARED BY @sivavangopan

### Ingredients

*spaghetti (2 people portion)*  
*egg yolk*  
*1 sausage*  
*cooking oil*  
*2 eggs*  
*1 teaspoon of natto powder*  
*1 tablespoon of powdered cheese*  
*100ml milk*  
*black pepper*  
*white dashi*

### Steps to Cook

- Cook the spaghetti in hot water until reaching your desired consistency.
- While the pasta is cooking, mix the two eggs, natto powder, milk, cheese, and white dashi in a bowl.
- Cut the sausage into small portions and fry in a pan with oil.
- Once the pasta is cooked, strain the water and add to the pan with the sausage that is being fried.
- While seasoning the pasta, add the mixed ingredients from the bowl, and cook until reaching a creamy texture.
- Serve in a bowl and garnish with the egg yolk. You can sprinkle black pepper, cheese, and more natto powder.



## NATTO PASTA CARBONARA



PREPARED BY @ru.ru\_rumi

### Ingredients

1 egg  
salt  
ground black pepper  
450g ground beef or vegetable  
substitute  
½ cup fine dry breadcrumbs  
½ cup fine chopped onion  
4 teaspoons of natto powder

- topping-  
white radish  
shiso leaves  
ponzu sauce

### Steps to Cook

- Preheat a grill or fry pan and lightly oil grate.
- In a bowl, whisk together the egg, salt, and pepper.
- Place ground beef, bread crumbs, onion, and natto powder into the mixture.
- Mix by hand until well blended and form into 4 patties of the same size and thickness.
- Place the patties on the prepared grill or fry pan and cook to the desired term.
- Top with grated white radish and finely cut shiso leaves.
- Garnish with ponzu sauce and more natto powder.



## NATTO EGG SANDWICH



PREPARED BY @non\_la\_non

### Ingredients

*white bread (sandwich)*  
5 eggs  
1 cucumber  
2 teaspoons of natto powder  
salt & pepper  
soy sauce  
aromatic herbs (decoration)

### Steps to Cook

- Boil the eggs until they are cooked through. Let cool and remove the shell. Separate the whites and yolks. Finely chop the whites and mash the yolks.
- Cut the cucumber into thin slices, sprinkle with salt, leave a few minutes and squeeze by hand to remove the water from the cucumber.
- Mix the chopped egg whites, cucumber, mayonnaise, and natto powder in a bowl.
- Add the soy sauce, the crushed egg yolks, salt, and pepper to taste.
- Scoop the mixture between two pieces of bread. and cut in half.  
Decorate with aromatic herbs and ground pepper.



## VEGETABLES STICKS & NATTO DIP



PREPARED BY @mart\_mama

### Ingredients

Raw vegetables  
carrot, cucumber, asparagus,  
paprika, celery, etc.

#### Dip

50 ml extra virgin olive oil  
2 tablespoons of roasted sake\*  
(Iri sake)

Soy sauce (to taste)  
3-5 teaspoons of natto powder

\*You can use mayonnaise or  
bonito flakes soup stock as  
substitutes

### Steps to Cook

- Wash the vegetables and cut them into sticks of the same length and thickness.
- Combine the olive oil, natto powder and roasted sake in a bowl and mix.
- Adjust seasoning with soy sauce to taste as needed.
- Pop it in the fridge at least 1 hour to allow the flavors to amplify and better consistency.





## FRIED NATTO GYOZA



PREPARED BY @ru.ru\_rumi

### Ingredients

15 gyoza wraps  
150 g Minced pork (or meat substitute)  
5 small green onions  
2 spoons of ponzu sauce  
1 piece of ginger  
1 spoon of cooking sake  
3 teaspoons of natto powder

### Steps to Cook

- Cut the green onions into small pieces.
- Grate the ginger.
- Put all the ingredients in a bowl and mix well.
- Divide the mixture into 15 equal portions.
- Put a portion of the paste in a gyoza wrap, fold the wrap in half over the filling, and make 5-6 pleats until closing the gyoza.
- Deep fry the gyozas until golden browned.
- Remove from heat, drain oil excess and serve.

Point. You can accompany with a dipping sauce made by mixing soy sauce, vinegar, and chili oil. For more flavor, sprinkle natto powder!



## STEAMED EGGPLANT NATTO



PREPARED BY @opeko\_natto

### Ingredients

2 eggplants  
1 teaspoon of miso paste  
1 teaspoon soy sauce  
1 teaspoon sugar  
1 tablespoon sesame seeds  
1/2 tablespoon sesame oil  
1~2 teaspoon natto powder  
Chopped green onions

### Steps to Cook

- For the sauce, mix the miso paste, soy sauce, sugar, sesame seeds, and sesame oil in a bowl.
- Cut the eggplants into small pieces, put in a heat-resistant container, cover to keep moisture and cook in a 600W microwave for 2 and a half minutes (you can also cook the vegetables in an alternative way, boiling, steam cook, etc.).
- Remove the eggplant excess of water and mix with the sauce.
- Serve on a plate and sprinkle chopped green onions and natto powder to taste.





## CHEESE TOAST NATTO



PREPARED BY @tamicogram

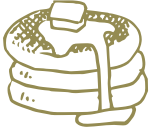
### Ingredients

*1 loaf of your favorite bread  
cherry tomatoes  
basil leaves  
parmesan or other easy to  
melt cheese  
natto powder*

### Steps to Cook

- Cut the tomatoes in halves.
- Top the bread loaf with the cheese and cook until bubbly and golden.
- Laid tomatoes and basil leaves on the toast while still warm.
- Sprinkle natto powder.

Point. For a spicy touch, serve with jalapeno peppers or your favorite sauce.



## MATCHA ICE CREAM & NATTO



PREPARED BY @natsumame\_

### Ingredients

*matcha ice cream*  
*cookies*  
*natto powder*

*~ optional ~*  
*honey*  
*chocolate syrup*  
*whipped cream*

### Steps to Cook

- Put an ice cream scoop on a dish, sprinkle natto powder and decorate with cookies.
- For more variety and nutrition, try serving with different toppings like whipped cream, honey, chocolate syrup, fruits, nuts, etc.



## NATTO FLUFFY SCRAMBLED EGGS



PREPARED BY @le.s0922

### Ingredients

1 egg  
1 tablespoon milk  
cooking oil  
boiled soybeans  
1/2 teaspoon natto powder

Optional  
steamed rice  
steamed vegetables  
fruits  
yogurt

### Steps to Cook

- Crack the egg into a bowl and whisk.
- Add the milk to the egg and mix.
- Heat the oil spread in a saucepan, add the egg mixture and cook on a low heat, stirring continuously until the egg scrambles.
- Remove from heat when the egg is cooked but not rubbery.
- Serve on top of steamed rice, add the steamed soybeans and natto powder and gently mix before eating.
- Accompany with steamed vegetables and fruits.



## BANANA NATTO SHAKE



PREPARED BY @sonomono\_jp

### Ingredients

*150ml milk (soy milk, almond milk, etc.)  
1 banana  
Honey at taste  
4-5 walnuts  
1 teaspoon natto powder mild  
ice (optional)*

### Steps to Cook

- Blend all ingredients until reaching a smooth and creamy texture.
- Serve immediately and sprinkle cinnamon powder, cocoa powder. etc. (optional)