



オクラ納豆そうめん

A photograph showing the ingredients for a dish. On a white plate, there are three green okra, a piece of lemongrass, and a small square dish containing brown lentils. To the right, a woven basket is filled with white rice noodles.

A photograph showing three green okra (ladyfinger) vegetables arranged diagonally on a light-colored wooden surface. The okra are covered in a thick layer of white salt crystals, particularly concentrated around the stems and along the ridges. The wooden surface has a visible grain pattern.

A photograph of a clear plastic bag containing several frozen okra (ladyfinger) vegetables. The okra are green and appear to be coated in a thin layer of ice or frozen oil. The bag is lying on a light-colored wooden surface with a visible grain.

③加熱したオクラをラップのまま冷水に入れ、冷めたらラップをとります。

熱いからやけどに注意！



④ヘタを切り落とし、小口切りにします。



⑤小口切りにしたねぎ、オクラ、よくまぜた納豆を皿に盛りつけます。



⑥お好みの盛りつけをしてできあがり。

納豆とオクラのネバネバが
そうめんにからんでおいしいです

