KIKKOMAN

Amaranth bowl with oyster mushrooms and poached egg

Total time **35 mins** **10 mins** preparation time **25 mins** cooking time

Nutritional facts (per portion):
2,106 kJ / 503 kcal

Fat: **28.9 g** Protein: **18 g**
Carbohydrates: **39.9 g**

INGREDIENTS

2 portion(s)

100 g	amaranth
40 g	rocket
100 g	celery
1 tbsp	olive oil
2	eggs
0.5 tsp	apple cider vinegar
1 tsp	chopped chilli
0.5 tsp	red pepper
150 g	oyster mushrooms
1 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	chopped chilli
2 tbsp	chopped chives
1 tbsp	chopped parsley
2 tbsp	olive oil

PREPARATION

Step 1

Boil the amaranth in a saucepan according to pack instructions until it gets soft.

Step 2

Slice the celery into ½ cm slices. Place in a bowl with the rocket and olive oil.

Step 3

Toss the cleaned oyster mushrooms with Kikkoman Soy Sauce, chilli and herbs, then fry in olive oil.

Step 4

When everything is ready, prepare the eggs. Boil water in a deep saucepan and add vinegar. Swirl with a spoon to create a vortex and crack in an egg. Repeat with the other egg. Reduce the heat so the water only boils gently and poach each egg for 2.5 minutes.

Step 5

Serve the amaranth with oyster mushrooms, salad vegetables and a poached egg seasoned with chilli and pepper.