

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

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** <u>Kikkoman Naturally</u>

Brewed Soy Sauce

1 tbsp chopped chilli2 tbsp chopped chives1 tbsp chopped parsley

2 tbsp olive oil

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

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 <u>Kikkoman Soy Sauce</u>, 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.