Miso Mushroom Breakfast Broth with Egg

A savoury, steamy morning bowl with soft egg and deeply savoury mushroom broth.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**10 min**	**15 min**	**2**	**EASY**

Ingredients

- 2 tbsp white miso paste
- 150 g chestnut mushrooms (sliced)
- 2 eggs
- 3 spring onions (sliced)
- 2 cm piece fresh root ginger (sliced into matchsticks)
- 2 heads pak choi (quartered)
- 700 ml water

Method

1. Bring the water to a simmer with the ginger and mushrooms and cook for 5 minutes.
2. Add the pak choi and cook for 2 minutes more, until the stems are just tender.
3. Lower the heat so the liquid barely moves. Crack in the eggs and poach gently for 3 minutes.
4. Take the pan off the heat. Ladle a little of the hot broth into a small bowl, whisk in the miso until smooth, then stir it back into the pan.
5. Divide between two bowls and scatter with spring onions.

Tips & swaps

- Never boil miso once it is in; it loses its savoury depth. Dissolving it separately at the end is the whole trick.

Storage & reheating

Best eaten fresh; miso broth doesn't reheat well once eggs are added.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
160	**12g**	**8g**	**9g**	**3g**

Estimated values, for guidance only. Contains: Egg, Soya.