



Special: Duftende Shiitake-Nudelsuppe

mit Reisbandnudeln und Aubergine



ca. 30min



2 personen

Diese Suppe ist eine wohlig-warme Umarmung in der Schüssel. Aromatische Aubergine und leckere Shiitakepilze aus unserer KitchenAid-Pfanne finden sich in einer Brühe mit Miso, Ingwer und Zitronengras zusammen und werden durch köstlich-zarte Reisbandnudeln ergänzt. Garniert wird mit feinen Lauchzwiebeln. Viel Gemüse, viel Geschmack - guten Appetit!

Wat je van ons krijgt

- 150g rijstnoedels
- 2 tenen knoflook
- 1 stukje verse gember
- 1 stengel citroengras
- 1 zakje groentebouillonpoeder
- 25g misopasta ^{1,6}
- 1 aubergine
- 100g shiitake
- 2 bosuien

Wat je thuis nodig hebt

- peper en zout
- 30ml plantaardige olie
- azijn

Kookgerei

- middelgrote kookpan
- middelgrote koekenpan met deksel
- waterkoker
- staafmixer met beker
- maatbeker
- zeef of vergiet

Vergeet niet je versproducten van tevoren grondig te wassen. Voornamelijk de bladgroenten en slabladeren kunnen kleine steentjes bevatten.

Allergenen

gluten (1), soja (6). Kan sporen van andere allergenen bevatten.

Voedingswaarde per portie

calorieën 505kcal, vet 16.6g, koolhydraten 81.0g, eiwit 10.4g



1. Soak noodles

Bring approx. 1.5L of water to the boil in a kettle (repeat if necessary). In a heatproof bowl, add noodles to boiling water to cover the noodles and let them soak for approx. 8min. Once soft, drain noodles in a sieve and rinse with cold water.



2. Prepare paste

Meanwhile, peel and roughly chop garlic and ginger. Roughly chop lemongrass. Add garlic, ginger and lemongrass to a high container and purée ingredients with 1tbsp of vegetable oil and if necessary 1-2tbsp of water.



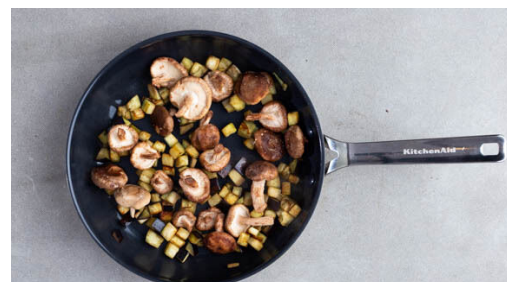
3. Make broth

In a medium sized pot, fry the paste for 3-5min. on medium-low heat until fragrant and toasty. Add the broth powder, miso and 1L water, and let softly simmer on low-medium for 10-15min.



4. Stir fry aubergine

Meanwhile, roughly chop the aubergine into 1-2cm cubes. In a large frypan with a lid or wok, add 1Tbsp of vegetable oil. Once hot, fry the aubergines for 5-7min., tossing frequently. Use a lid to add steam for a softer result.



5. Stir fry shiitake

After 7-10min. frying the aubergines, add the shiitake whole and stir fry with the aubergines until soft, ca. 6min. Season with ¼tsp of salt and plenty of pepper.



6. Cut spring onions

Finely chop the spring onion into thin slices as garnish. Check the soup for seasoning and add salt, pepper and a dash of light vinegar to taste. Divide the noodles over bowls, then ladle desired amount of broth over the noodles. Top with the fried shiitake and aubergines, and garnish with the spring onions, then serve.