



Bean Miso Bowl

Total Time:
35 min

Dish:
lunch/dinner

Serves:
4

Ingredients:

200 g red beans
250 g mushrooms
400 g broccoli
4 spring onion
2 cloves garlic
Fresh ginger
4 tbsp Miso-Paste

45 ml soy sauce
30 ml honey
4 eggs
1 chili pepper
2 tbsp crispy fried onion
Fresh coriander
Oil

Instructions:

1.

Rinse the beans thoroughly and soak them in cold water for 8 hours. Drain, rinse again, and cook in a titanium pot, fully submerged in water, until tender.

2.

Clean and halve the mushrooms. Wash, dry, and trim the broccoli. Slice the spring onions into rings. Peel and finely grate the garlic. Peel the ginger—grate one half and cut the other into thin strips. In a small bowl, mix: Miso paste, Soy sauce, Grated garlic, Grated ginger, Honey. Stir until smooth.

3.

Blanch the broccoli in boiling water for 8 minutes. Heat a titanium pan with a little oil. Sauté the mushrooms for about 4–5 minutes until golden. Add the spring onion and sauté for another 2 minutes. Stir in the cooked beans, pour over the miso sauce, and mix well. Divide into serving bowls.

4.

Fry the eggs on a titanium pan, optionally without any oil. Add an egg and steamed broccoli to each bowl. Sprinkle with chili, coriander, crispy fried onion, and sliced ginger.

Enjoy your meal!