

Creamed Mushroom Soup with Poached Egg, Thyme and Chives



Preparation time: 10 mins
Serves: 4 people
User Rating: ★★★★★

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Ingredients

- 4 eggs
- 1 tbsp white vinegar
- 1 tbsp olive oil
- 1 onion, diced
- 1 clove of garlic, sliced
- 600g mushrooms, roughly chopped
- ½ cup dry white wine

- 2 large potatoes, peeled and diced
- 3 cups salt reduced chicken stock, plus one cup water
- 6 sprigs fresh thyme, stalks removed
- 1 cup evaporated milk
- ½ bunch chives, chopped
- Pepper to taste
- Crusty wholegrain bread to serve

Method

1. Heat saucepan and add olive oil, sweat the onions and garlic until translucent.
2. Add mushrooms and thyme; gently cook while stirring occasionally for 2 -3 minutes.
3. Add the wine and continue to simmer until liquid has reduced by half, then add chicken stock, water, mushrooms and potatoes. Simmer for 20 minutes or until mushrooms and potatoes are fully cooked.
4. With a hand blender, blend to a smooth consistency and add evaporated milk. Check seasoning.
5. For the poached eggs, bring a pot of water and vinegar to the boil, reduce heat to a simmer (about 80°C).
6. Crack each egg into a small bowl and check for any shell.
7. Slowly lower the eggs into the water and cook for 4 minutes or to your liking.
8. Remove eggs from water and place onto kitchen paper.
9. Ladle soup into bowls and place one egg into each soup bowl.
0. Garnish with chopped chives.

Serve with crusty wholegrain bread.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
695g	2170kJ 519kcal	27.2g	19.7g	6.4g	45.6g	11.7g	946mg	10.2g

All nutrition values are per serve.