

Flying Inspiration

Fly with the feminine

Gabriella Guglielminotti Trivel's recipes

Rice noodles with mushrooms

Suggestions: a very tasty, quick to make autumnal soup full of minerals like phosphorus, iron, magnesium, manganese, potassium, zinc and vitamins of the B group, vitamin C and D. In case you don't have shitake or Chinese black mushrooms, you can use other mushrooms of your taste.

Instructions



Heat some extra virgin olive oil in a pan and put some finely chopped onions, fresh chillies, coconut cream flakes and lemon zest which you have chopped finely, let it all cook for a little while.



Add some finely sliced fresh shitake mushrooms and some dried black Chinese mushrooms or dry mixed mushrooms of your taste that you have previously soaked. Let it all cook together for some time and add some cider after a while.



Put the rice noodles in some boiling water in a bowl, add some miso paste to the water, mix it and cover the bowl so that the noodles will get soft.



coconut milk



When the sauce is getting nice and thick, add some shoyu or tamari and some coconut milk, stir it and let it cook for some time. When the noodles are untangled and soft in the miso broth add them with the broth to the sauce and let it all simmer for some time without boiling it.



coriander



mint



lime

Add some fresh chopped coriander, mint and lime slices to your taste before serving the soup.



If you like this recipe, I would like to read your comments!
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