

# Wild Mushroom Breakfast Bowl



Start the day strong with this whole grain Breakfast bowl bursting with Mushroom and Eggs.

The combination of textures with the red wine vinegar dressing is what makes this lighter bowl sing. Perfect for the early bird or serve as brunch on a lazy weekend.

## **Ingredients**

1/2 cup cooked quinoa

2 tbsp olive oil

1 tbsp red wine vinegar

1 tsp dijon mustard

1 leek finely sliced

1/2 cup of dried mushrooms (tip: porcini, trompettes or chanterelles work great!)

1/2 cup enoki mushrooms

1/2 cup sliced button mushrooms

1/4 cup reduced salt vegetable stock

1 clove garlic, finely sliced  
1 cup baby spinach  
2 eggs  
1 tsp white vinegar  
Salt and pepper to taste

## **Method:**

1. Place the dried mushrooms in a small bowl and cover with boiling water and leave for 20 minutes to soak. Drain and set aside.
2. Place a large frying pan over a medium heat and add the butter along with the leek.
3. Cook until softened and slightly caramelised.
4. Remove from the pan. Add the button mushrooms and cook until tender and slightly caramelised. Remove from the pan.
5. Add the dried mushrooms and enoki to the pan along with the stock and cook for 3 to 4 minutes, or until the liquid is absorbed. Add the mushrooms, leek and quinoa to a bowl, along with salt and pepper, and toss to combine.
6. Whisk the red wine vinegar, olive oil and mustard in a small bowl and add to the mushroom and quinoa mixture. Toss well and check the seasoning.
7. Finally, add the baby spinach. Divide between 2 plates or bowls.
8. Fill a large frying pan with 1 1/2 inches of water. Heat over medium heat just until bubbles appear on bottom then add the white vinegar. Break one egg and carefully and slowly lower the egg into the water. Repeat with the second egg. Cook until whites are just firm, around 4 to 6 minutes.
9. Remove with a slotted spoon and drain on paper towels. Place on top of the salad and serve immediately.