

Ingrediënten

- 4 medium to large zucchini
- 2 tablespoons extra virgin olive oil
- 2 tablespoons minced ginger
- 5 cups shiitake mushrooms, sliced
- 8 cups vegetable broth, divided
- 2 cups, plus 1 tablespoon water, divided
- 1/2 teaspoons red pepper flakes
- 5 tablespoons low-sodium tamari sauce or soy sauce
- 2 cups thinly sliced scallions, divided
- 4 large eggs, beaten
- 3 tablespoons corn starch
- Salt & pepper to taste



Recept

1. Prepare the zucchini noodles with a [spiralizer](#) using the step-by-step guide above.
2. In a large pot, heat the olive oil over medium-high heat.
3. Add the minced ginger and cook, stirring, for 2 minutes.
4. Add the shiitake mushrooms and a tablespoon of water and cook until the mushrooms begin to sweat.
5. Add 7 cups of the vegetable broth, the remaining water, the red pepper flake tamari sauce, and 1½ cups of the chopped scallions. Bring to a boil, stirring occasionally.
6. Meanwhile, mix the remaining cup of vegetable broth with the corn starch and whisk until completely smooth.
7. While stirring the soup, slowly pour in the beaten eggs in a thin stream. Continue stirring until all of the egg is incorporated.
8. Slowly pour the corn starch mixture into the soup and cook for about 4-5 minutes to thicken.
9. Season to taste with salt & pepper (usually I add just a bit of pepper, but as long as I'm using a full-sodium vegetable broth, I don't need any extra salt).
10. Add the spiralized zucchini noodles to the pot and cook, stirring, for about 2 minutes, or until the noodles are just soft and flexible (remember, they'll continue cooking in your bowl!).
11. Serve topped with the remaining scallions.

Bron



I'm Sarah (aka Snix)! Welcome to Snixy Kitchen - where I create gluten-free recipes with fresh, local ingredients to tell my life stories.

SnixyKITCHEN

Inspired by [Inspiralized](#)

<https://www.snixykitchen.com/zucchini-noodle-egg-drop-soup/>

Info Martine Lycke 01/08/2019

500 g Champignons kuisen en in schijfjes snijden
1 grote of 2 kleine preien wassen en in stukjes snijden
1 pepertje
Gaandeweg bij het recept 2 courgettes in slierten snijden

In grote soeppot:
2 el olijfolie
2 el gember
Efkes bakken

+ champignons
+ 1 el water
Efkes meebakken

+ 1 l water
4 kippenbouillonblokjes
+ pepertje
+ prei
+ 5 el sojasaus
Laten koken

1 l water
+ 3 el maïzena
Goed roeren

4 eieren klutsen en straalsgewijs bij de soep gieten
+ water/maïzena mengsel

Soep 4/5 minuten koken tot wat dik wordt

Daarna de courgetteslierten erbij doen
Soep van het vuur nemen

Fotos



