

Tea Eggs with Asian Noodles

Preparation time: 155 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Dinner Recipes, Vegetarian



Ingredients

TEA EGGS

- 1 tablespoon Chinese five spice
- 1 cup (250ml) dark soy
- 3/4 cup brown sugar

- ¼ rice wine vinegar
- 2 black tea bags
- 2 cups (500ml) water
- 8 eggs, at room temperature

ASIAN NOODLES

- 350g fresh egg noodles
- 2 tablespoons sesame oil
- 1 bunch broccolini, trimmed
- 200g Asian mushrooms chopped
- 1 tablespoon sliced ginger
- 4 green onions, shredded
- 1 long red chilli, thinly sliced
- Baby purple shiso, optional, to serve

Method

1. Place Chinese five spice, soy, brown sugar, vinegar and tea bags in a medium saucepan. Add the water and bring to the boil over high heat.
2. Add the eggs and cook for 3 minutes. Carefully remove with a slotted spoon. Place in a bowl and gently tap the shell with the back of a spoon. Return the eggs to the boiling cooking liquid and remove from heat. Cover and leave for at least 2 hours to marinate and cool.
3. Remove 1 cup of the cooking liquid and set aside. Discard remaining cooking liquid.
4. Cook noodles according to packet instructions. Refresh and set aside.
5. Heat oil in a large wok or frying pan. Add broccolini and cook for 3 minutes, then add mushrooms. Cook for another 3 minutes. Add ginger and reserved cooking liquid and cook for 1 minute.
6. To serve, peel the eggs and halve some of them. Divide noodles and vegetables between bowls. Drizzle with cooking liquid. Top with eggs, scatter with green onions, chilli and shiso.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)
348g	1740kJ 416kcal	22.8g	19.9g	4.2g	34g	9.7g
Sodium	Fibre	Vitamin D				
848mg	3.6g	6.8µg				

All nutrition values are per serve.

