



Vegetable Egg Soup (L)

Serving: 1

Veg

Ingredients

- Carrot, $\frac{1}{4}$ inch pieces - 10g
- Green peas, shelled - 25g
- Green capsicum, $\frac{1}{4}$ inch pieces-10 g
- Fresh button mushrooms, quartered- 10g
- sweet corn niblets - 10g
- Vegetable stock / plain water - 100 ml
- Oil - $\frac{1}{2}$ tsp
- salt - to taste
- Dried red chillies , crushed - $\frac{1}{4}$ tsp
- Egg white, whisked - 1 no

Preparation Method

- 1. Boil carrot and green peas in vegetable stock or water. set aside.
- 2. Heat oil, add capsicum and mushroom and cook for two to three minutes on high heat.
- 3. Add the vegetable stock or water along with carrot, green peas and sweet corn kernels and bring it to a boil. add salt and crushed red chillies.
- 4. Boil at hot temperature for one minute. Finally add the beaten egg white, stir lightly and serve hot. if you use whole fresh peas, do not throw away the peel.
- 5. Use them as vegetable after removing and discarding the thin inner layer.