

Savoury Porridge Breakfast Bowl



Preparation time:	10 mins
Serves:	2 people
User Rating:	★★★★☆

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A savoury porridge? With oats AND eggs? Yep. It's that good you'll be asking yourself why you hadn't thought of it before. The truth is, oats aren't naturally sweet, we just make them that way by putting sweet stuff on them.

So now's time to explore new ideas and taste new foods. And this savoury porridge recipe makes that perfect salty, satisfying breakfast - not to mention balanced and healthy. With a sumptuous soft-boiled egg on top, sliced avocado and drizzled with tahini, this is a decadent porridge re-imagined for adults.



Ingredients

- 1 cup quick oats
- 2 cups vegetable stock or water
- 2 poached eggs
- 1 avocado
- Salt + pepper
- Tahini

Method

- 1. Add the oats to a pan over a medium heat and pour in the vegetable stock.
- 2. Cook for 2 minutes, stirring until the porridge is thick and creamy.
- 3. Divide between two bowls.
- 4. Slice the avocado and add to the bowl, along with a softly poached / boiled egg.
- 5. Drizzle over tahini and season to taste.

Notes

Season and experiment with this dish to taste. You can customise the recipe with whatever salty condiments and toppings you've got at home; chicken stock, beef stock, nutritional yeast, crispy kale chips. Even cheese.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
412g	1540kJ 368kcal	14.7g	22.1g	3.9g	22.9g	0.6g	181mg	10.7g
Vitamin D								
3.4µg								

All nutrition values are per serve.