



Garlic Oats with Eggs

Servings: 2

Prep Time: 5min

Cook Time: 10min

Ingredients

For the Oats:

- 1 teaspoon Oil
- 2 – 3 cloves Garlic, minced
- 1 cup quick cooking Oats
- 2 cups Water
- ¼ cup mild Cheddar, grated
- 2 teaspoons chopped Basil

For the eggs:

- 1 teaspoon Olive Oil
- 2 Eggs
- ½ teaspoon Paprika or Chili Powder
- Salt and Pepper to taste

Directions

1. Cook the Oats: Heat a teaspoon of oil in a pan and add minced garlic. Sauté the garlic for 15 seconds and add oats. Stir the oats for a few seconds and add all the water, salt and pepper. Bring this to a quick boil, and simmer for 3-4 minutes, by which time, the mixture would have thickened up into a porridge like consistency and the oats will be cooked. Adjust the consistency by adding more water if required. Just before taking oats off the stove, add cheese and basil and mix.
2. Fry the eggs: In a non-stick pan, add the olive oil and fry the eggs one by one. Top each egg with salt and paprika or chili powder.
3. Assemble and Serve: To serve, divide the oats equally into two bowls. Top each bowl with a fried egg, sprinkle with more paprika and chopped coriander.