

Mushroom Oats

Servings: 1-2

Prep Time: 5min

Cook Time: 10min



Ingredients

For the Oats:

- 1 teaspoon Oil
- ¼ teaspoon grated Ginger
- 1 cup quick cooking Oats
- Salt and Pepper to taste
- 2 cups Water

For the Mushrooms:

- 1 tablespoon Olive Oil
- 1 cup sliced Mushrooms
- A pinch of salt

Directions

1. Cook the Oats: Heat a teaspoon of oil in a pan and add grated ginger. Sauté the ginger for 30 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.
2. Cook the mushrooms: In a non-stick pan, heat olive oil and add the mushrooms. Cook on high heat for a few minutes till mushrooms are golden brown. Sprinkle with a pinch of salt.
3. Assemble and Serve: To serve, top with oats with mushrooms, poached egg, a dash of soy sauce and green onions.