

Savoury oats topped with a poached egg



½ tsp ghee or coconut oil
100g bell pepper (any colour),
diced
50g oats (use gluten free if
preferred)
150ml milk of your choice
a pinch of sea salt and ground
black pepper
1 egg
50g ripe avocado
7g almonds, chopped (or use nuts
of your choice)

SERVES 1

Melt the ghee/oil in a frying pan over a medium heat. Add the pepper, and sauté for 3-4 minutes, stirring, until soft.

Meanwhile, place the oats and milk in a saucepan over a medium heat. Cook for 4-5 minutes, stirring occasionally. If the porridge becomes too thick, add a splash of cold water or more milk.

Remove pan from heat. Stir in the salt and pepper. Leave to stand.

Meanwhile, bring a small saucepan of water to the boil. Reduce heat to simmer gently. Crack the egg into a cup and pour into the water. Cook for 4 minutes. Remove from the water with a slotted spoon.

Transfer the cooked oats into a serving bowl. Top with the pepper and poached egg.

Slice the avocado into strips and arrange over the porridge. Top with the chopped nuts. Serve.

Consume immediately.



PER SERVING:
483 Calories
43g Carbs
17g Protein
27g Fat

