

Savoury Oats with Fried Egg

10 ingredients · 20 minutes · 1 serving



Directions

1. Heat half of the oil over medium-high heat in a small pot. Add onions and garlic to the pot and saute for 2 to 3 minutes or until the onions have softened. Stir in salt and pepper.
2. Add the oats to the pot and stir to combine with the onions. Add water and reduce heat to medium-low. Simmer for about 10 to 12 minutes or until oats are tender. Stir occasionally to prevent oats from burning.
3. While oats are cooking, heat remaining oil in a frying pan with a lid over medium heat. Add the tomatoes then stir to coat with oil. Cover pan with the lid and cook for 4 to 5 minutes shaking the pan occasionally until tomatoes start to wrinkle. Remove the lid, add spinach and cook until wilted. Remove tomatoes and spinach from the pan and set aside.
4. Place the skillet back over medium heat and cook the egg to your liking.
5. To serve, transfer the oats to a bowl and top with veggies and egg. Season with additional salt and black pepper if needed. Enjoy immediately.

Notes

No Spinach

Use another leafy green like kale.

Ingredients

- 2 tbsps Extra Virgin Olive Oil (divided)
- 1/8 Yellow Onion (finely chopped)
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/3 cup Oats (rolled)
- 1 cup Water
- 1/2 cup Cherry Tomatoes
- 1 cup Baby Spinach
- 1 Egg