

Asian-Inspired Savory Oats with Mushroom & Egg



2 servings



15 minutes



INGREDIENTS

- 1 teaspoon sesame oil
 - ½ teaspoon minced fresh ginger
 - 1 cup oats
 - Water (per cooking instructions for oats)
 - Pinch of salt and pepper to taste
 - Pinch of red pepper flakes
 - 1 tablespoon olive oil
 - 2 cups sliced mushroom
 - 1 clove garlic, minced
 - ½ teaspoon soy sauce
 - 2 eggs, cooked to your preference
- Optional garnish:* Minced chives, chopped green onion, black sesame seeds

DIRECTIONS

1. Heat the sesame oil in a saucepan and add the minced ginger, sauté for 30 seconds, and add the water. Bring to a boil, add the oats, salt, pepper and red pepper flakes, reduce heat and simmer until the oats are cooked according to the directions on the package.
2. Meanwhile, heat the olive oil in a non-stick skillet over medium heat, add the sliced mushrooms and garlic, cooking until the mushrooms are golden brown, about six minutes. When the mushrooms are cooked, remove from heat and stir in the soy sauce.
3. To assemble, divide the oatmeal between two bowls and top with mushrooms and eggs. Garnish with chives or green onion and black sesame seeds.

NOTES

For extra source of minerals, consider adding two cups of spinach to this dish. Simply throw the spinach in with the mushrooms during the last two minutes of sauteing.