Breakfast, Indian

Golden Vegetable Au Gratin with Oats

Tender boiled vegetables are folded through a silky milk sauce thickened with oats, then finished with a golden oat topping from the oven. A comforting bake that is best enjoyed hot and fresh.



Nut free

22 min	140	23.6 g	11.8 g
time	calories	carbs	sugars

Ingredients, 3 servings

- [ ] 1/4 cup quick cooking oats
- [ ] 2 tbsp whole wheat flour (gehun ka atta)
- [ ] 2 cups low fat milk (0.1% fat) , 99.7% fat-free salt (namak) to taste
- [ ] 1/2 cup chopped and boiled french beans
- [ ] 1/2 cup chopped and boiled carrots
- [ ] 1/2 cup boiled cauliflower florets
- [ ] 1/2 cup boiled green peas
- [ ] 1 tsp green chilli paste
- [ ] 1 tsp garlic (lehsun) paste
- [ ] salt (namak) to taste
- [ ] 1/4 tsp freshly ground black pepper (kalimirch)
- [ ] 2 tbsp quick cooking oats

Nutrition Facts

Per serving

Calories	**140**
Total fat	1 g
Saturated fat	Not listed
Sodium	80 mg
Total carbs	23.6 g
Fiber	5 g
Total sugars	11.8 g
Protein	9.5 g

Method

- [ ] **1** Dry roast the 1/4 cup quick cooking oats with the whole wheat flour in a wide pan over a medium flame for 1 to 2 minutes.
- [ ] **2** Pour in the 2 cups low fat milk, add salt to taste, and keep stirring over a medium flame for 4 to 5 minutes until the sauce thickens, then set it aside.
- [ ] **3** In a deep bowl, mix the thickened sauce with the chopped and boiled french beans, chopped and boiled carrots, boiled cauliflower florets, boiled green peas, green chilli paste, garlic paste, freshly ground black pepper, and a little more salt to taste.
- [ ] **4** Spoon the mixture into a baking dish and scatter the 2 tbsp quick cooking oats evenly over the surface.
- [ ] **5** Bake in a preheated oven at 200°C (400°F) for 10 minutes or until the topping browns evenly.
- [ ] **6** Serve hot, straight from the oven.

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