Breakfast, Asian

Savory Mushroom Oat Porridge with Fried Eggs

Creamy oats simmer in vegetable broth with soy sauce, then are spooned into bowls with savory mushrooms and a fried egg on top. A scatter of green onion and cilantro finishes each warm bowl.

20 min	170	19 g	3 g
time	calories	carbs	sugars

Vegetarian | Nut free

Ingredients, 4 servings

- [ ] 1 cup old-fashioned rolled oats
- [ ] 4 cup low sodium vegetable broth
- [ ] 1 tbsp lower sodium soy sauce
- [ ] 1 cup white (button) mushrooms (sliced)
- [ ] 1 tbsp lime juice
- [ ] 1 spray, 0.25g nonstick cooking spray
- [ ] 4 large eggs
- [ ] 2 stalks green onion (scallion) (sliced)
- [ ] 1 tbsp cilantro (finely chopped)

Method

- [ ] 1 Stir the old-fashioned rolled oats, low sodium vegetable broth, and lower sodium soy sauce together in a saucepan set over high heat and bring everything to a boil.
- [ ] 2 Turn the heat down to a simmer and cook until the oats are tender and the porridge has thickened, about 10 minutes.
- [ ] 3 Meanwhile, coat a small nonstick saute pan with nonstick cooking spray and place it over the heat.
- [ ] 4 Add the sliced white mushrooms and saute until they are tender and all the pan liquid has cooked off, about 4 minutes.
- [ ] 5 Splash in the lime juice and keep sauteing until that liquid evaporates as well, then scrape the mushrooms into the porridge and stir them through.
- [ ] 6 Wipe out the saute pan, coat it again with nonstick cooking spray, and fry the large eggs until the yolks are just set.
- [ ] 7 Spoon 3/4 cup of the porridge into each of four bowls.
- [ ] 8 Lay a fried egg on each portion and finish with 1 1/2 teaspoons of sliced green onions and finely chopped cilantro per bowl.

Nutrition Facts

Per serving

Calories	**170**
Total fat	6 g
Saturated fat	2 g
Sodium	240 mg
Total carbs	19 g
Fiber	3 g
Total sugars	3 g
Protein	10 g

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