

Less than 1 hour

Serves 4

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Ingredients

- 1½ cups (150g) oats
- 4 cups (1L) chicken or vegetable stock
- Glug olive oil
- 1 onion, chopped
- 2cm knob fresh ginger, grated
- 2-3 cloves garlic, grated
- Juice (30ml) and grated peel of 1 lime
- Salt and milled pepper

For serving:

- 4 soft-boiled eggs
- Bagel seasoning (see cook's note)
- Sliced spring onion
- Chilli crisp oil
- Soy sauce

Method

1. Bring oats and stock to a gentle simmer over medium heat, stirring occasionally.
2. Cook for about 15 minutes - it should have the consistency of risotto.
3. Heat oil over medium heat and sauté onion until soft (8-10 minutes).
4. Stir in ginger and garlic and fry for another minute until fragrant.
5. Tip in cooked oats (loosen with a few tablespoons of water if needed).
6. Add lime juice and zest, and season.
7. Serve oats topped with eggs, bagel seasoning, spring onion, chilli oil and a dash of soy sauce.

COOK'S NOTE:

To make bagel seasoning mix together equal parts garlic flakes, onion flakes, white and black sesame seeds, poppy seeds and Maldon salt. Serve sprinkled over oats.

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