

Savoury Oats Porridge

Recipe Makes: 1 serving

Nutritional Value (per serving)

Calories: 248 kcal **Protein:** 8.8 g **Carbohydrate:** 45 g **Fat:** 6.3 g

Ingredients

- 1/4 cup Instant Oats (Oatmeal)
- 1 cup Water
- 1 Onion, finely chopped
- 1 Green Chilli, finely chopped
- ½ Carrot (Gajjar) , finely chopped
- 5 Green beans (French Beans), finely chopped
- ½ Green Bell Pepper (Capsicum), finely chopped
- ¼ teaspoon Turmeric powder (Haldi)
- Salt, to taste
- Coriander (Dhania) Leaves, few sprigs, chopped
- 1 teaspoon Oil
- ¼ teaspoon Mustard seeds (Rai)



Instructions

1. To begin making the recipe, in a kadai; add a teaspoon of oil and place it over medium heat. Add the mustard seeds and allow it to crackle. Once it crackles, add the chopped onions and green chilies. Sauté them until they turn soft and lightly browned.
2. Next add the carrots, capsicum, and beans. Sprinkle some salt and dash of water and cook them until done. This will take about 4 minutes. Keep the pan covered so they get cooked faster in the steam.
3. Add the turmeric powder, the oats and a cup of water. Check the salt and adjust to suit your taste.
4. Keep stirring the porridge and cook until the oats are done.
5. Once the oats are cooked through, stir in the chopped coriander leaves and serve.