



## Savoury Soaked Steel-Cut Oat Porridge 2

Here is another way to add oats to your diet without increasing sugar intake. Steel-cut oat is a low GI food giving a slow release of energy, keeping you fuller for longer!

*Credits: Ceri, Zenxin master chef*

### Key facts

**Preparation:** 10 mins

**Cooking time:** 36 mins

**Total:** 46 mins

**Serves:** 6-8 people

### Ingredients

- 1 cup **steel-cut oats** (soaked overnight)
- 1 cup **filtered water**
- 20g **organic cold-pressed extra virgin olive oil**
- 200g **carrots**
- 200g **broccoli**
- 200g **brown onion**
- 1 tsp **Himalayan rock salt**
- 1 litre of **filtered water**
- 1 long **red chilli**
- 1 sprig of **curly parsley**
- 1 pinch of **white pepper powder**

### Method

1. Soak the oats and filtered water together overnight.
2. Slice and chop the carrots, onions and broccoli setting aside the broccoli florets. (For Thermomix users: cut into pieces and chop at 5 secs, speed 5.)
3. Stir-fry for ~6 minutes in the olive oil. (For Thermomix users: time 6 mins, temp 98°C, reverse speed 1.)
4. Add in the soaked oats, salt and water and cook for another 30 minutes. (For Thermomix users: time 30 mins temp 98°C, reverse speed 1.)
5. Serve and garnish with chilli, parsley, white pepper.

### Optional

Add a dash of thick fermented black bean sauce to boost the flavour of the porridge