



Savoury Soaked Steel-Cut Oat Porridge

Here is a 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: 4-6 people

Ingredients

- 250g **Garbanzos (chickpeas)**
- 1 tsp **Himalayan rock salt**
- 1 litre **filtered water**
- 100g finely diced **red onion**
- 3 tbsp **cider vinegar**
- 100g finely diced **fennel bulb**
- The pulp and juice of the 2 **oranges**
- ½ tsp **chilli flakes**
- A pinch of **supreme chilli** (~1/8th tsp)
- A pinch of **Himalayan rock salt**
- A drizzle of organic cold-pressed **Spanish olive oil**

Method

1. Soak the oats and filtered water together overnight.
2. Slice the carrots, leeks, celery and kale and stir-fry for ~6 minutes in the olive oil. (For Thermomix users 98°C reverse speed 1.)
3. Add in the soaked oats, seaweed, salt and water and cook for another 30 minutes.