

Savory Oatmeal Bowl with Spinach and Poached Egg

This savory oatmeal bowl is a delightful twist on traditional oatmeal. Packed with nutritious spinach and topped with a perfectly poached egg, it's a wholesome and satisfying main dish for any time of the day.



Main Dish

15 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1/2 cup rolled oats
- 1 cup water or vegetable broth
- 1 cup fresh spinach
- 1 egg
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon grated Parmesan cheese (optional)
- 1 teaspoon olive oil
- 1/4 avocado, sliced (optional)

Steps

- 1 In a small saucepan, bring water or vegetable broth to a boil.
- 2 Add the rolled oats and salt, reduce the heat to low, and simmer for about 5 minutes, stirring occasionally.
- 3 While the oats are cooking, heat olive oil in a skillet over medium heat and sauté the fresh spinach until wilted, about 2-3 minutes.
- 4 In a separate pot, poach the egg by simmering water and adding a splash of vinegar. Crack the egg into a small bowl, then gently slide it into the simmering water. Cook for 3-4 minutes until the white is set but the yolk is still runny.
- 5 Once the oats are cooked, divide them into a bowl and top with the sautéed spinach and the poached egg.
- 6 Season with black pepper, and sprinkle with Parmesan cheese and avocado slices if desired. Serve immediately.