

Savory Oatmeal Egg Bowl

Start your day with a nourishing Savory Oatmeal Egg Bowl. This dish combines creamy yogurt and eggs with hearty oatmeal, making it a satisfying and protein-packed meal to fuel your morning.



Main Dish

15 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1/2 cup rolled oats
- 1 cup milk
- 1 large egg
- 1/4 cup plain yogurt
- Salt and pepper to taste
- Chopped chives or green onions (optional)
- Olive oil or butter for cooking

Steps

- 1 In a small saucepan, bring the milk to a gentle simmer.
- 2 Add the rolled oats and a pinch of salt. Cook for 5–7 minutes, stirring occasionally until the oats are tender and creamy.
- 3 In a separate pan, heat olive oil or butter over medium heat. Crack the egg into the pan and cook to your desired doneness (sunny-side up or scrambled).
- 4 Once the oatmeal is cooked, remove it from heat and stir in the yogurt until well combined.
- 5 Transfer the oatmeal to a bowl, top with the cooked egg, and season with salt, pepper, and chopped chives if desired.
- 6 Serve warm and enjoy your hearty breakfast!