

Savory Oatmeal Power Bowl

A hearty and nutritious main dish combining creamy oatmeal with sautéed spinach, a poached egg, and a hint of garlic.

Perfect for a wholesome breakfast or light lunch.



Main Dish

15 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 1/2 cup rolled oats
- 1 cup water
- 1 handful fresh spinach
- 1 large egg
- 1 small garlic clove, minced
- 1 tsp olive oil
- Salt and pepper to taste
- Optional: red pepper flakes or grated Parmesan

Steps

- 1 Bring water to a boil in a small pot.
- 2 Add rolled oats, reduce heat, and simmer for 5 minutes while stirring occasionally.
- 3 In a small skillet, heat olive oil over medium heat.
- 4 Add minced garlic and sauté for 1 minute until fragrant.
- 5 Add spinach to the skillet and cook until wilted, about 2 minutes.
- 6 In another pot, poach the egg to your liking.
- 7 Stir the sautéed spinach and garlic into the cooked oatmeal. Season with salt and pepper.
- 8 Serve the oatmeal in a bowl and top with the poached egg.
- 9 Add optional red pepper flakes or grated Parmesan if desired.