

Savory Oatmeal with Spinach and Poached Egg

A hearty and nutritious main dish combining creamy oatmeal with sautéed spinach and a perfectly poached egg for a delicious balance of flavors and textures.



Main Dish

15 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 1/2 cup rolled oats
- 1 cup water
- 1/4 tsp salt
- 1/2 cup fresh spinach
- 1 tsp olive oil
- 1 egg
- Salt and pepper to taste
- 1 tbsp grated Parmesan cheese (optional)

Steps

- 1 Bring water and salt to a boil in a small pot.
- 2 Stir in the oats and reduce heat to a simmer. Cook for 5-7 minutes, stirring occasionally, until creamy.
- 3 While oats cook, heat olive oil in a small pan over medium heat.
- 4 Add spinach and sauté until wilted, about 2 minutes. Season with salt and pepper.
- 5 Poach the egg: bring a small pot of water to a gentle simmer, create a whirlpool, and gently slide the egg in. Cook for 3-4 minutes until whites are set.
- 6 Spoon cooked oats into a bowl, top with sautéed spinach and the poached egg.
- 7 Sprinkle with Parmesan cheese if using, and season with additional salt and pepper to taste.
- 8 Serve immediately.