



Egg Fried Oats with Veggies (OP I)

Serving: 1

Non Veg

Ingredients

- - 2 tbsp oats
- - $\frac{1}{4}$ cup water/ chicken stock
- - $\frac{1}{4}$ cup blanched broccoli, carrots & cabbage
- - 1 egg beaten
- - $\frac{1}{2}$ tsp oil
- - $\frac{1}{4}$ cup chopped onion
- - 1 no. chopped green chillies
- - A pinch of turmeric powder
- - salt and ppper to taste
- 1 tbsp green peas

Preparation Method

- 1. Dry roast the oats , until fragrant . Keep it aside.
- 2. Heat oil and add the onion and green chilies and fry . Now add the beaten egg . Scramble the egg . Add turmeric . Add the steamed veggies .
- 3. Add the oats . Now add the water/ chicken stock slowly .
- 4. When the oats are moist and done , your fried rice style oats is ready