

# Savoury Oatmeal Porridge

## Prep

10 mins

## Cook

15 mins

## Portion

Serves 2

This is a warm and nutritious recipe for breakfast. Oats are whole grains that are high in soluble fibre and can help to lower bad cholesterol in the body. The added lean protein in this meal boost immunity and prevent muscle loss.



**Although Singapore is a well-known food heaven, it's always good to eat in moderation.**

Click [here](#) for healthier breakfast options.

## Ingredients

6 tbsp of rolled oats  
600ml of water / chicken stock  
150g of minced chicken  
1 egg  
½ tbsp of light soya sauce  
A few drops of sesame oil  
Pepper, to taste  
Chopped coriander or  
spring onion (optional)

## Instructions

1. Marinate the minced chicken with light soya sauce, sesame oil and pepper.
2. Place water / stock in a saucepan and bring it to a boil. Add oatmeal and marinated meat.
3. Lower heat and simmer for 10 mins. Switch off the heat and stir in the egg.
4. Add chopped coriander or spring onion if you like.



Soak the rolled oats in water for an hour to reduce cooking time.