VIETNAMESE · BREAKFAST · LUNCH

Savoury Oat Congee with Soft Egg and Chilli Oil

15 min · Serves 1 · 509 kcal a serve · Video 7:05 · Cooking with Chef Tuan

Vegetarian · No dairy listed · No nuts listed

Scan for the video, full nutrition and more free recipes

A warm, savoury change from sweet porridge: oats give about 8 g fibre, including beta-glucan, and the egg lifts the protein to around 19 g per bowl, with no added sugar.

Diet notes: Low saturated fat (3.6 g, 6% of the energy).

Ingredients 10 · SERVES 1

- [ ] 470 ml **mushroom stock** (1 tbsp mushroom powder in 470 ml water, or any stock)
- [ ] 70 g **rolled oats**
- [ ] 1 tbsp sliced **spring onion** (scallion)
- [ ] 1 tbsp **coriander leaves**
- [ ] 1 tbsp **fried garlic** (store-bought)
- [ ] 1 **poached or soft-boiled egg** (the cook uses a 63°C sous-vide egg)
- [ ] a drizzle of **tamari** (optional, about 1 tsp), or any soy sauce
- [ ] a drizzle of **sesame oil** (optional, about ½ tsp)
- [ ] 1 tbsp **chilli oil** (or sriracha)
- [ ] **freshly cracked black pepper**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Egg, Sesame, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Bring 470 ml water to the boil in a small pot with 1 tbsp mushroom powder to make a quick mushroom stock (or use 470 ml of any stock). 1:33
2. Tip in the oats, stir once and, when it returns to the boil, turn off the heat. Skim off the foam if you like. 2:24
3. Leave the oats to steep for 5–10 minutes, stirring once or twice, until thick and porridge-like. Use fewer oats for a soupier congee. 3:14
4. Meanwhile poach or soft-boil an egg. Taste the congee and add salt only if needed.
5. Spoon into a bowl, add a nest of fried garlic and spring onion, sit the egg on top and finish with coriander, tamari, sesame oil, chilli oil and pepper. 4:11

> **Tip** Mushroom powder is salty, so taste before adding salt; if you use chicken or other stock, season to taste. Add spinach or other greens to the pot for more vegetables.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
509 kcal	19 g	55 g	7.6 g	24 g	1,550 mg
2,130 kJ	37% of a day	48 g net · 3.5 g sugars	27% of a day	3.6 g saturated	67% of a day
		20% of a day		31% of a day	

Energy from net carbs 40% · protein 16% · fat 44%

High in (20%+ of a day) Omega-3 75% · Selenium 69% · Vitamin K 30% · Magnesium 29% · Zinc 29% · Iron 25% · Vitamin B12 23% · Vitamin E 20%

Source of (10–19%) Folate 14% · Vitamin B6 14% · Potassium 12% · Vitamin A 10%

⚠ One serve has about 67% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Cooking with Chef Tuan (@cheftuan) on YouTube — youtube.com/watch?v=ao1abn5KZeQ, published 6 August 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/tuan-savoury-oat-congee-egg