



SPRING SAVOURY OATS

with Leek, Potato & Asparagus

Recipe by Kate Caire



Serves 2-4



30 minutes

INGREDIENTS

- 1 cup organic rolled oats
- 1 medium potato, diced
- 1 small leek, thinly sliced
- 2 cups vegetable or chicken broth
- 1 tbsp extra virgin olive oil 3 eggs
- 1 clove garlic, minced
- Salt + cracked black pepper, to taste

Cont'd...

DIRECTIONS

- Prep the veggies: Dice the potato into small cubes so it cooks quickly. Slice the leek thinly and wash well.
- In a medium saucepan, heat olive oil and add leek, potato, and garlic. Cook gently for 2-3 minutes until leeks are softened. Then pour over the broth (or water), bring to a gentle simmer.
- Once the potato is tender gently mash into the liquid and then add the oats.
- Stir occasionally for 10–12 minutes until the oats are creamy and mixture has thickened.
- While the oat mix is cooking, in a medium fry pan heat a small amount of oil and cook your whole asparagus spears until tender and golden.



Sundays

with Lucie Cutting

on 936AM and the ABC listen app





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INGREDIENTS

- 1 tbsp crème fraîche
- Fresh herbs (parsley, chives, or thyme)
- Optional toppings: grated organic cheese, poached egg, toasted seeds

DIRECTIONS

- To finish the oats mix add salt, pepper, crème fraîche and fresh herbs. Taste and adjust to your liking.
- Serve warm and top with the asparagus.
- You can also add a poached egg for protein, cheese for creaminess, or seeds for crunch.



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