




Masala Oatmeal Porridge

 2 Servings  Prep: 10 mins  Cook: 15 mins

INGREDIENTS

- 3 tsp concentrated chicken stock, low sodium
- 200 g tau kwa, cubed
- 2 tbspn rice bran oil
- 2 medium tomato diced
- 4 tsp garam masala
- 2 tsp ground turmeric powder
- 100 g rolled oats
- 100 g mixed vegetables (carrot, corn, pea)

OPTIONAL

- 2 tsp paprika powder
- 1 tsp cumin seeds

METHODS

1. In a big bowl, add 3 tsp of concentrated chicken stock to 450ml of water.
2. Air fry tau kwa at 180°C for 15mins.
3. In a heated pan, add in rice bran oil.
4. Add in the diced tomatoes and cook until soft.
5. Add in garam masala and turmeric powder, mix well.
6. Add in chicken stock, rolled oats and mixed vegetables.
7. Cook until desired consistency under medium heat and stir occasionally.
8. Serve hot and enjoy!



Nutrition Information (per serving)

Energy 533kcal, Carbohydrate 46g, Protein 22g, Fats 27g, Saturated Fats 6g, Polyunsaturated Fats >10g, Monounsaturated Fats >10g, Cholesterol 0mg, Dietary Fibre 14g, Sodium 605mg, Potassium >867mg, Phosphate >476mg



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