

Oatmeal Fish Porridge

Serves 6

Preparation Time: 20 minutes; Cooking Time: 20 minutes

Ingredients:

- 300g fish of choice / frozen fish fillet, sliced
- 500ml reduced salt chicken broth
- 500ml water
- 1 carrot, diced
- 2 cups quick-cooking oats
- 1 tbsp wolfberries
- 1 egg, beaten



Seasoning:

- A pinch of pepper
- 1 tsp sesame oil
- 1 tsp corn flour

Garnish:

- 1 stalk spring onion, chopped
- Sesame oil, to taste

Instructions:

1. Marinate fish with seasoning. Set aside.
2. Bring chicken broth and water to a boil, add carrot and simmer over low heat for 10 minutes.
3. Add oats and continue to simmer till slightly thickened (if the mixture is too thick, add extra 150 - 200ml of hot water/broth).
4. Add fish and wolfberries. Switch off heat when fish is cooked through, drizzle beaten egg and give it a quick stir.
5. To serve, top with chopped spring onion and sesame oil.

Nutrient Analysis:

Nutritional Information (Per Serving)	
Energy	283kcal
Carbohydrate	32g
Protein	25g
Total fat	7g
Saturated fat	1g
Cholesterol	83mg
Dietary fibre	4g
Sodium	109mg

