

Savoury porridge with marinated beef

serves 2

Lynn's Mom made this breakfast dish for her often; it's warm, filling, and delicious. It's similar to congee in texture but you can make it thicker or thinner according to your preference.

Ingredients:

Marinated beef:

½ cup ground beef or thinly sliced beef
1 tsp soy sauce
½ tsp oil
Pinch of sugar
Pinch of salt and pepper
Pinch of garlic powder (optional)

Oats:

2/3 cup oats (whole grain or 5 minute quick cook variety)
2 cups water



Directions:

Combine beef with seasonings listed and marinate. This can be prepared just before cooking the porridge or the night before.

Combine oats and water in small pot. Bring to a boil and simmer until porridge is well cooked. Add extra water or oats according to your preference of a thicker or thinner porridge.

Add marinated beef to the bubbling porridge and stir. Cover with pot lid and cook for about five minutes or until beef is well cooked.

Serve hot. If desired, you can add some chopped green onions and a few drops of sesame oil on top.

Enjoy!

