



Serves: 4

# Italian Style Chicken Porridge

## Ingredients

- Instant Oats 100g
- Spinach, frozen 20g
- Carrot, diced 60g
- Shallots, diced 40g
- Parsley, fresh, finely chopped 4 tsp
- Olive oil 2 tsp
- Water ¼ cup
- Chicken stock, concentrated 1 tbsp

## Tips:

- Use more water when cooking wholegrains, as wholegrains absorb more water than refined grains.
- The recommended amount for sodium a day is not more than 1 teaspoon of salt.
- Fruit, vegetables, oats and beans are rich in soluble fibre which helps lower blood cholesterol levels.

## Method

- Stir fry spinach with carrots and shallots in olive oil.
- Add the oats, chicken stock and the water.
- Cook for 15 minutes over low fire.  
Add parsley.
- Serve.

## Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 136kcal

Protein 4.2g

Total fat (g and % of total calories)

4.3g (27.7%)

Saturated fat 0.7g

Cholesterol 0mg

Carbohydrate 21g

Dietary Fibre 3.2g

Sodium 322mg