RECIPE

Egg and spinach oatmeal with scallion and sesame

A savory oatmeal breakfast: rolled oats in water, spinach wilted in the steam, a jammy egg, scallion and sesame, seasoned in the bowl with a measured spoon of low-sodium soy sauce.

MAKES

2 servings US Metric

TOTAL

25 min

Ingredients

- [ ] 2 cups old-fashioned rolled oats
- [ ] 4 medium scallions, white parts and green parts kept apart
- [ ] ¼ tsp black pepper
- [ ] 3 cups packed baby spinach
- [ ] 1 tbsp low-sodium soy sauce
- [ ] 1 tbsp lemon juice
- [ ] 2 large eggs
- [ ] 2 tsp sesame seeds
- [ ] 3 ½ cups water

Method

1. Slice the scallions. Keep the white parts and the green parts in two piles. Toast the sesame seeds in a dry small pan over medium heat for 1 to 2 minutes, until they smell nutty, and tip them onto a plate.

2. Put the oats, the 3½ cups water, the scallion whites and the pepper in a medium saucepan. Bring to a boil, then turn the heat down to a low simmer. Stir often. At 5,300 ft water boils near 203 °F, so give it 8 to 10 minutes instead of the usual 6 to 8. It is done when the pot is thick and a spoon leaves a trail.

3 While the oats cook, lower the cold eggs into a small pot of simmering water. Cook 8 minutes at this altitude (our kitchen time; a 3-minute egg may take 5 at 5,000 ft, Colorado State University Extension), then move them to a bowl of cold water for 2 minutes and peel. The yolk is jammy, not set to 160 °F. For anyone pregnant, very young, older or ill, cook the eggs until the yolk is firm all the way through (HHS/USDA/FDA/CDC); cut one to check. The 8 minutes and the 2 minutes in cold water are our kitchen times, and the firm-yolk egg has no minute figure here because we hold no published one for 5,300 ft.

4 Take the oats off the heat. Lay the spinach on top, put the lid on and wait 1 minute, until the leaves wilt in the steam. Stir them in.

5 Spoon the oats into 2 bowls. Stir half the soy sauce and half the lemon juice into each bowl, so the salt sits where you can taste it.

6 Halve each egg and set it on top. Scatter the scallion greens and the sesame seeds over both bowls.

7 Cool leftover oats, without the egg, in a shallow container within 2 hours (1 hour if the room is above 90 °F), then refrigerate. Reheat to 165 °F with a splash of water.