Porridge with Salted Butter, Avocado and a Sunny Side Up Egg

Serves 1

Ingredients

½ cup rolled oats
½ cup cold water
1 tsp salted butter
1 tbsp olive oil, as well as a small amount of oil as garnish
1 egg
½ avocado, sliced
Paprika, cayenne pepper or Aleppo pepper
Salt and fresh ground pepper
Soy sauce to serve

Preparation

1. Mix the rolled oats with ½ cup of cold water in a microwave dish. Add the salted butter and pepper to the mix, and microwave on high for 2 minutes.
2. Heat the olive oil in a saucepan over medium heat. Fry the egg until the white is firm and the yolk is still runny.
3. Once the porridge is ready, adjust its consistency by adding a little water as needed.

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4. Arrange the egg on top of the porridge and garnish with avocado slices. Sprinkle with paprika or cayenne pepper. Add salt and pepper to taste, and drizzle on a little olive oil and soy sauce.