



Savory Sesame Oatmeal

with Kale & Jammy Eggs



30min



2 Servings

Who needs sweet when you can have savory? This savory oatmeal with tahini paste makes for a satisfying start to any morning. Top it off with tender kale, jammy eggs, crisp scallions, and sesame seeds. Don't forget a drizzle of fragrant sesame oil and chili garlic sauce! This wholesome bowl will have you ready to take on the day. (2p-plan serves 2; 4p-plan serves 4—nutrition reflects 1 bowl of oatmeal)

What we send

- 1 oz fresh ginger
- 1 bunch Tuscan kale
- 2 scallions
- 3 oz oats
- 1 oz tahini ³
- ½ oz tamari soy sauce ⁴
- ½ oz toasted sesame oil ³
- ¼ oz pkt toasted sesame seeds ³
- ½ oz chili garlic sauce

What you need

- 2 large eggs ¹
- kosher salt & ground pepper
- butter ²
- neutral oil

Tools

- small saucepan
- microplane or grater
- medium skillet

Cooking tip

Placing the boiled eggs in an ice bath stops the cooking process, preventing them from overcooking. Let them chill for at least 3 minutes before peeling.

Allergens

Egg (1), Milk (2), Sesame (3), Soy (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 520kcal, Fat 29g, Carbs 43g, Protein 21g



1. Prep ingredients

Bring a small saucepan of **water** to a boil over high heat.

Finely grate **1 teaspoon ginger**. Strip **half of the kale leaves** from stems (save rest for own use); discard stems. Stack leaves and slice crosswise into ½-inch wide ribbons. Thinly slice **scallions**, keeping dark greens separate.



4. Cook kale

Heat **1 teaspoon oil** in a medium skillet over high. Add **scallion whites and light greens**; cook, stirring, until just softened, 1 minute. Add **kale** and **a pinch of salt**; cook, stirring, until just wilted and crisp in spots, 1-2 minutes. Stir in **1-2 teaspoons tamari** until coated. Off heat, season to taste with **salt** and **pepper**.



2. Boil eggs

Using a slotted spoon, gently lower **2 large eggs** into boiling **water**. Lower heat to medium and gently simmer, 6½ minutes.

Fill a bowl halfway with **ice water**. Add eggs and chill at least 3 minutes. Peel and set aside for serving. Discard **water** in saucepan.



5. Finish & serve

Serve **sesame oatmeal** topped with **kale, jammy eggs, scallion whites and light greens**, and **sesame seeds**. Drizzle **remaining sesame oil** and **chili garlic sauce** over top, as desired. Enjoy!



3. Cook oats

In same saucepan, combine **oats, grated ginger, ¼ teaspoon salt**, and **1½ cups water**. Bring to a simmer over medium heat. Reduce heat to low and simmer, stirring often, until softened and thickened, about 8 minutes.

Off heat, whisk in **tahini, 1 teaspoon each of tamari and sesame oil**, and **1 tablespoon butter**. Season to taste with **salt**. Cover to keep warm.



6. Pro tip!

Here's a quick way to strip kale leaves from the stems: Hold the end of the stem in one hand and squeeze your other hand or a few fingers around the base of the leaf. Pull your hand up the stem to tear the leaf off.