

Kale and Jackfruit Steel Cut Oats with Curry by Genie



*I use a rice cooker to make my steel cut oats. I always toast them in coconut oil first before adding the rest of the ingredients. You can use a slow cooker on low setting, overnight. Make sure to toast the oats first.

Toasted Steel cut oats (choose your serving size but ingredients below are based on 1 cup)

Oat milk (correct ratio to amount of oats)

Jackfruit (I used 3 pieces of frozen, prepared)

Kale (2-3 large leaves torn into small pieces, no stalks)

Fresh Ginger (1 tsp. grated or ½ tsp of ground ginger)

Sea Salt (pinch of!)

Curry powder (1 tsp)

Lemon juice (squeeze from ¼ lemon)

In Rice cooker, Toast oats in oil for about 5mins before adding the rest of ingredients. Cook until all liquid is absorbed and the oats are tender.

For the topping, I made a Jackfruit compote by microwaving 3 pieces of frozen jackfruit, 1 tsp water, squirt of lemon juice and a pinch of natural sugar in a microwave steam dish for 3mins.

Serves 2