

whole grain traditional rolled oats

whole grain quick oats

KNOW YOUR

Oats

whole grain rolled oats un stabilised

whole grain steel cut oats

PHOTOGRAPHY: CRAIG WALL STYLING: JENNIFER TOLHURST RECIPE DEVELOPMENT: CHRISTINE SHEPPARD

Looking for a feel-good start to the weekend brunch? Try these dishes made with Australian oats to boost your fibre and whole grain intake.



An ideal brunch dish to share

SHAKSHUKA WITH OAT GRATIN

Prep 5 mins | Cook 30 mins | Serves 4

- 2 tbs olive oil
- 1 red onion, thinly sliced
- 1 red capsicum, deseeded, sliced
- 1 carrot, grated
- 1 zucchini, grated
- 1 garlic clove, crushed
- 1 long fresh red chilli, thinly sliced
- 2 tsp sweet paprika
- 2 tsp ground cumin
- ¼ tsp dried chilli flakes
- 400g can diced tomatoes
- 400g can cannellini beans, drained, rinsed

- 4 eggs
- 80g Persian feta, crumbled
- 1 cup Macro Organic rolled oats unstabliised
- 2 tbs chopped coriander, plus extra sprigs to garnish
- ¼ tsp sumac
- toasted sourdough, to serve

- 1 Preheat oven to 200°C.
- 2 Heat 1 tbs of the oil in an ovenproof non-stick frying pan over medium-low heat. Add onion, capsicum, carrot, zucchini and garlic and cook for 5 minutes or until soft. Stir in fresh chilli and spices and cook for 1 minute or until aromatic.

- 3 Add tomatoes, beans and ½ cup water. Simmer for 10 minutes or until mixture thickens slightly. Remove from heat. Make 4 indents in the sauce and crack an egg into each.
- 4 Bake for 10-15 minutes or until eggs are cooked to your liking.
- 5 Meanwhile, heat remaining oil in a small frying pan. Add oats and cook, stirring, over medium heat until toasted. Add coriander and sumac and stir to coat. Scatter oat topping over shakshuka and garnish with feta and coriander sprigs. Serve with toast.

NUTRITION Per serve: 24g protein, 22g fat (6 sat fat), 63g carb, 12g sugars, 14g dietary fibre, 580mg sodium, 2365kJ (565 cal)

why oats are so good

1 Felicity Curtain, APD and Nutrition Manager of the Grains & Legumes Nutrition Council, says that because oats are 100 per cent whole grain, they make a nutritious breakfast option. This is because their natural vitamin, mineral, dietary fibre and phytonutrient content is not lost with processing.

2 Including more protein with your breakfast may help keep your appetite in check and reduce cravings later in the day, according to the latest CSIRO report, *Protein Balance – new concepts for protein in weight management*. And, we've made sure the recipes in this feature are good sources of protein.

3 Felicity Curtain says that research has shown that people who eat whole grain foods are healthier and less likely to gain weight. She recommends that we aim for 4-6 serves of grain foods every day and that we try to make at least half of these whole grain.

4 Traditional rolled oats are hulled oat grains that have been softened by steam and then rolled flat. Quick oats are like traditional rolled oats except they are cut finer and rolled thinner meaning they're quicker to cook. Steel cut oats are whole oat grains cut into two or three pieces. Rolled oats unstabilised are rolled immediately after hulling and are steamed at a low temperature. Believed to be healthier, these oats need to be stored in the fridge once opened as they spoil faster.

5 Oats contain a soluble fibre called "beta glucan", which lowers cholesterol re-absorption. This means oats may work to keep your heart healthier.

ASIAN-INSPIRED SAVOURY BREAKFAST OATS

Prep 10 mins | Cook 15 mins Serves 4



- 2 tsp sesame oil
- 2 cups Macro Organic rolled oats
- 1 tbs miso paste
- 2 tsp grated ginger
- 8 eggs
- 1 cup finely shredded red cabbage
- 100g snow peas, finely sliced
- 40g baby spinach
- 1 tbs toasted sesame seeds

1 Heat oil in a saucepan over medium heat. Add oats and stir for 5 minutes until lightly toasted. Whisk miso and ginger with 3 cups boiling water. Stir into oats. Reduce heat and simmer for 10 minutes until tender and thickened.

2 Meanwhile, add eggs to a saucepan of warm water. Bring to the boil and cook for 6 minutes. Drain.

3 Divide oat mixture between serving bowls. Add vegetables, halved boiled eggs and sesame seeds.

NUTRITION Per serve: 14g protein, 7g fat (4g sat fat), 26g carb, 3g sugars, 7g dietary fibre, 435mg sodium, 1475kJ (280 cals)

TOP TIP

You can swap the snow peas for edamame. They're a source of protein and fibre.

OATMEAL PANCAKES

Prep 10 mins + standing | Cook 20 mins
Makes 12 pancakes

- 1 cup Macro Organic Quick Oats
- $\frac{2}{3}$ cup wholemeal self-raising flour
- $\frac{1}{2}$ tsp baking powder
- $\frac{1}{4}$ tsp ground cinnamon
- 2 eggs
- 1 cup buttermilk
- 1 tsp vanilla extract
- 1 large banana, mashed

coconut oil spray
Greek-style yoghurt and mixed berries, to serve

- 1 Combine oats, flour, baking powder and cinnamon in a bowl. Whisk eggs, buttermilk and vanilla together in a jug. Stir in banana. Pour into dry ingredients, and stir well to combine. Set aside for 20 minutes.
- 2 Heat a non-stick frying pan on medium heat. Lightly spray with oil.

Using $\frac{1}{4}$ cup batter for each, add to pan. Cook for 3 minutes until bubbles appear on the surface. Flip and cook other side for 2 minutes. Remove from pan and keep warm. Repeat with remaining batter to make 12 pancakes. Serve with yoghurt and berries.

NUTRITION Per serve (2 pancakes):
14g protein, 7g fat (4g sat fat), 36g carb,
16g sugars, 6g dietary fibre, 320mg sodium,
1165kJ (280 cals)

TOP TIP

Using buttermilk, which is slightly acidic, makes the pancakes soft and light.

