



## Mushroom and spinach oat-sotto

Serves 2

- 2 onions
  - 2 sticks celery
  - 1 clove garlic
  - Handful of mushrooms
  - 200g spinach (or peas or green beans if you prefer)
  - 100g porridge oats
  - 500ml stock
1. Slice the onions, chop the celery finely and chop the garlic. Fry them together slowly for around 10 mins until the onions are soft.
  2. Chop the mushrooms into large chunks and add them to the pan with the spinach, stir well and cook together for a couple of minutes.
  3. Add the porridge, stir well then add 250ml stock. Stir well until it is mostly absorbed then add as much more as you need until the consistency looks right. This will take about five to ten minutes.