



CARBONARA OVERNIGHT OATS & CHIA

WESTERN EUROPEAN

ROADMAP

1. In a bowl mix all oat ingredients while you prepare the salami & eggs.
2. In a nonstick skillet on high heat, sauté the salami until it begins to crisp - about 3 - 5 minutes. Mix in with your oats.
3. In the same skillet, scramble the egg with a pinch of salt & pepper, over medium heat, just until it coagulates (soft scramble) & add it to your oats & salami.



SERVINGS
1



ACTIVE TIME
5 MIN



TOTAL COOK TIME
SITTING OVERNIGHT

INGREDIENTS

Oat Ingredients:

1/4 C. Rolled Oats
1/2 C. Greek Yogurt
1 C. Whole Milk
1 Tbsp. Chia seeds
Pinch of salt & black pepper

REMAINING INGREDIENTS

Carbonara Ingredients:

1/4 C. Salami - small dice
1 Egg - scrambled
3 Tbsp. Grated Pecorino or Parmigiano Reggiano
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4. Put into a jar, top with lid & refrigerate over night.
5. In the morning, or whenever you decide to enjoy this dish, mix in grated cheese.

Believe it or not, these oats are good cold out of the fridge, but warming them in the microwave for 2 minutes makes them even better.

*Be sure to remove any metal lid before microwaving.

Hopefully, I just turned you onto the idea of Savory Oats.

It's a shocker of a dish. In a very good way that is!