

Quick Congee Breakfast Porridge

This is super flexible you can add what you like to it especially the toppings.

Ingredients

¼ to ½ cup rolled rice flakes (or oats if not gluten free)
soaked overnight
3 slices shitake mushrooms (soaked overnight)
1 piece of wakame or 1 tsp kelp flakes
Handful of leafy greens (I use bok choy or broccoli leaves
or kang kung or moringa from the garden)
Pinch salt

Toppings

Avocado slices
1 tsp chilli oil
2 tsp tahini
1 to 2 tsp tamari or liquid aminos
Sauerkraut or kimchi
Sprouts

Method

1. Place the rice flakes in a saucepan with 4 times the amount of water. Add the shitake mushrooms and wakame or kelp flakes and bring to the boil.
2. Add the leafy greens and turn down to a simmer, usually takes 10 minutes to cook the rice flakes through.
3. Pour into a bowl and add the toppings and enjoy slurping your warm and nourishing congee porridge.



veet's
Vegan

COOKING SCHOOL

Veet's Vegan Cooking School | www.veets.com.au | © Copyright