Ingredient list for this week’s class Themed:

**Savory Healthy Breakfasts Plant based and Gluten free**

**Savory Porridge**

MAKES 2 PORTIONS
1 teaspoon olive oil
1–2 garlic cloves, chopped
1⁄2eek, green and all, chopped
1 thumb-sized piece of ginger root,
peeled and chopped
1⁄2 vegan stock cube
120 g (31⁄2 oz/1 cup) oats
625 ml (22 fl oz/generous 2 1⁄2
cups) water, plus a sprinkling for
the green vegetables
1 handful of kale, chopped
1–2 pak choy (bok choy), chopped
1 tablespoon tamari
1 spring onion (scallion), green and
all, finely chopped
BOOSTER
splash of sesame oil

**Chickpea omelet and tamari Cabbage**
FOR 2 PORTIONS
2 tablespoons olive oil
2 garlic cloves, chopped
1⁄4head of Chinese leaves (stem
lettuce), thinly sliced
1 carrot, grated
1 tablespoon medium-heat tamari
1 tablespoon sesame seeds
1 teaspoon sesame oil
1 spring onion (scallion), green and
all, thinly sliced
FORTHE OMELETTE
60 g (3 oz/2⁄3cup) chickpea (gram)
flour
1/8 teaspoon bicarbonate of soda
(baking soda)
1 teaspoon apple cider vinegar
125 ml (4 fl oz/1⁄2 cup) water
FORTHE TOPPING
chilli sauce or sriracha (optional)