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)