





# Tomato & Mayo Oatmeal

A perfect breakfast recipe to start your day

2 Portions    succeed easily  up to 15 Min.



## Ingredients:

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- 1 tsp Vegetable Oil
- 2 Pieces Garlic Cloves (chopped)
- Onion (1 small, chopped)
- 100 g Oats
- Tomatoes (2 medium, chopped)
- 30 g Sweet Corn Kernels
- 2 - 3 French Beans (chopped)
- 1 Piece Carrot (chopped)
- 3 tbsp Dr. Oetker FunFoods Veg Mayonnaise Original
- 100 ml Water
- Salt
- Black Pepper Powder

- 1 Heat oil in a non-stick pan (low flame)). Add garlic, onion, oats and sauté for 1 minute.
- 2 Add tomatoes, sweet corn, beans and carrot. Stir and cook for 3-5 minutes or until vegetables are cooked.
- 3 To above vegetables add mayonnaise and water. Stir and cook for 3-4 minutes. Season with salt and pepper. Serve hot.