



Columbia Grain™

CULTIVATING GROWTH™

# RECIPE

## Savory Porridge

Celebrate the beginning of Spring with this savory porridge of rice, lentils, quinoa, amaranth, and flax seeds. Its nuttiness is further enhanced with pumpkin and sunflower seeds, and arugula and egg round out its nutritional profile.



### INGREDIENTS

#### PORRIDGE

- 1 tbsp ghee, or coconut oil
- 1 cup brown or mixed rice
- 1 cup red lentils
- ½ cup tricolor quinoa
- ¼ cup amaranth, or millet
- 2 tbsp flax seeds
- 1 tsp sea salt
- 8 cups water

#### TOPPINGS

- 4 eggs
- warmed ghee
- 2 cups arugula, or similar greens
- 2 green onions, thinly sliced
- toasted sunflower seeds, for serving
- pumpkin seeds, toasted pepitas, for serving
- hemp hearts, optional, for serving

### INSTRUCTIONS

1. Warm the ghee in a large pot. Add the rice, lentils, quinoa, amaranth, and flax seeds, and toast for a couple minutes until fragrant and nutty.
2. Add the water and bring to a low boil. Cover, reduce heat to low and simmer until cooked through, stirring every few minutes so the bottom doesn't burn. It should be ready in 45-60 minutes. The lentils will have mostly dissolved, but their earthy, nutty flavor is resonant.
3. While the porridge cooks, fill a small pot with water and bring to a boil. When gently boiling, add the eggs and set a timer for 7 minutes, to keep the yolk from overcooking. Remove from heat and rinse under cool water. When cool, peel the eggs and slice in half, lengthwise.
4. To serve, dish one or two scoops of the porridge into a bowl, and drizzle a little ghee over it. Top with a handful of arugula and green onions, and one egg. Finish with the nuts and seeds. Enjoy!

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