

Mealie

Allergens – **Gluten**

Ingredients

Quantity	Ingredient
360g	Oatmeal (contains Oats)
180ml	Vegetable Oil
200g	Onions (chopped)
2g	Salt
2g	Black Pepper (optional)



Method

1. Sauté the onions in oil, add the oatmeal and seasoning.
2. Steam for 2 hours.

Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 425	= 28.8	= 2.85	= 1.43	= 0.28	= 37.7

Portion size - Primary - 35g