

# Superfood Savoury Oatmeal

by Healing Family Eats

Serves 3-4

1 small leek  
3 tbsp lard or other animal fat, divided  
2 stalks celery, thinly sliced  
3 oz brown mushrooms, chopped  
1/2 tsp [herbes de provence](#), or a mix of dried herbs such as [thyme](#), [oregano](#) and [rosemary](#)  
2+1/2 cups cooked spaghetti squash (1 small squash)  
2 cups chicken bone broth  
1/4 cup [coconut milk](#)  
3 oz shiitake mushrooms, sliced  
1 small (8 oz) yellow (or green) zucchini, chopped  
1 small fennel, thinly sliced  
1/2 bunch watercress  
large pinch [sea salt](#), or to taste  
[collagen](#) (optional)



Start by cutting the leek in half where the white part meets the green. Slice each one thinly and keep apart.

Heat 1 tbsp of the fat in a large pan and add the green half of the leek, celery and the brown mushrooms. Sauté for around 5 minutes on a low to medium heat until softened.

Sprinkle over the dried herbs, and add the cooked squash, together with the broth and coconut milk. Add a pinch of salt and bring up to a simmer. Cook for 5 minutes to release the flavours.

Using a hand blender, pulse until the squash has broken down to an oatmeal consistency, leaving some of the mushroom chunks intact.

Meanwhile, melt the remaining fat in a large frying pan and add the shiitakes, zucchini, fennel and remaining leeks. Cook until softened and golden brown. Add the watercress and sauté until wilted.

Divide the oatmeal between bowls and stir in a scoop of collagen if you like. Top with the mushroom mixture.