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# Delightful Egg With Oatmeal Recipe

2 eggs

1 cup of oat flakes

1 glass of warm milk

100 grams of light cheese

A drizzle of olive oil

Chili flakes (optional)

Just enough chopped parsley

A handful of black sesame seeds

Just enough salt and pepper

**❶** Prepare the Oat Mixture: In a bowl, combine oat flakes, eggs, salt, pepper, and hot milk. Mix well and let it rest for about 20 minutes.

**❷** Add Flavorful Elements: Incorporate chopped parsley, chili flakes (if desired), grated cheese, and olive oil into the oat mixture. Stir until you achieve a smooth consistency.

**❸** Cook to Perfection: Heat a non-stick pan with a drizzle of olive oil. Spread the oat mixture evenly, sprinkle sesame seeds on top, cover with a lid, and cook over medium-low heat until golden. Flip and cook the other side until done.