

Recipe Name: OATS UPMA
Diet Type: Vegetarian
Course:
Cuisine: Indian
Quantity:



Description

Ingredients

1 cup rolled oats?1 tbsp oil?1 tsp mustard?½ tsp urad dal?½ tsp jeera / cumin?few curry leaves?10 cashew / kaju, whole?1 inch ginger, finely chopped?2 chilli, slit?½ onion, finely chopped?½ carrot, finely chopped?5 beans, finely chopped?¼ capsicum, finely chopped?2 tbsp peas / matar?½ tsp turmeric?¾ tsp salt?1 cup water?2 tbsp coriander, finely chopped?2 tbsp coconut, grated?1 tbsp lemon juice

Instructions

firstly, in a large kadai heat 1 tbsp oil and splutter 1 tsp mustard, ½ tsp urad dal, ½ tsp jeera, few curry leaves and 10 cashews.

saute until the cashews turn golden brown.

now add 1 inch ginger, 2 chilli and ½ onion. saute well.

furthermore add ½ carrot, 5 beans, ¼ capsicum, 2 tbsp peas, ½ tsp turmeric and ½ tsp salt.

add 2 tbsp water, cover and simmer for 5 minutes.

now add 1 cup water and get it to a boil. if using instant oats, just add ¼ cup water.

once the water comes to a boil, add in roasted oats and mix well.

mix until the oats absorb all the water.

now cover and simmer for 5 minutes or until oats gets cooked well.

furthermore add ¼ tsp salt, 2 tbsp coriander, 2 tbsp coconut and 1 tbsp lemon juice.

finally, enjoy vegetable oats upma as a healthy breakfast or pack to the lunch box.

Ingredients

Ingredient

Quantity

• Need to Fill

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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420

10

60

15

8

5

