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Recipe Name: BROCOLLI IDLY UPMA
Diet Type: Vegetarian
Course: General Course
Cuisine: Indian
Quantity: 1 bowl



Description

Broccoli Idli Upma is a colorful, nutritious South Indian fusion dish made by stir-frying crumbled leftover idlis with bright green broccoli florets. Tempered with mustard seeds, curry leaves, dried red chili, and vibrant turmeric, the dish features soft yellow idli crumbs contrasting beautifully with crisp vegetables. Served hot in a bowl, it offers a refreshing and wholesome twist to traditional upma.
[PROS]
- High in fiber, vitamin C, and antioxidants from fresh broccoli
- Great low-waste strategy to repurpose leftover fermented idlis
- Gut-friendly and easy to digest due to fermented idli batter
[CONS]
- Moderately high in carbohydrates from the rice content in idlis
- Can turn dry if idlis are over-heated without adequate moisture
[DIETITIAN REVIEW]
Score: 8.5/10. Combining gut-healthy fermented idlis with nutrient-dense cruciferous broccoli significantly boosts the micronutrient profile of a standard breakfast upma. Using minimal oil alongside anti-inflammatory turmeric makes this a wholesome, heart-healthy meal choice.

Ingredients

Ingredient	Quantity
• Leftover Idlis	3-4 medium (crumbled)
• Broccoli Florets	1/2 cup (small)
• Cooking Oil	1 tsp
• Mustard Seeds	1/2 tsp
• Urad Dal (split black gram)	1/2 tsp (optional)
• Curry Leaves	5-6
• Dried Red Chili	1 (broken)
• Turmeric Powder	1/4 tsp
• Salt	To taste

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• Lemon Juice	1 tsp (optional)

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Preparation

• 1.

• Gently crumble the leftover chilled idlis into small, coarse pieces using your hands and set aside.

• 2.

• Heat oil in a pan over medium flame, add mustard seeds, and let them crackle.

• 3.

• Add urad dal, dried red chili pieces, and curry leaves, sautéing until the dal turns golden brown.

• 4.

• Add the small broccoli florets, turmeric powder, and a pinch of salt; sauté for 2-3 minutes until the broccoli is tender-crisp.

• 5.

• Mix in the crumbled idlis, adjust salt if needed, and toss gently until the idlis are evenly coated in the yellow spices and mixed with the broccoli.

• 6.

• Cover and let it steam on low heat for 1-2 minutes until warmed through, then finish with a squeeze of lemon juice before serving.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
228	7.3	37.2	6.7	4.2	1.8