

Recipe Name: Puli Upma Recipe - Tamarind & Reese Rao Upma

Diet Type: Vegetarian

Course: Snack

Cuisine: South Indian Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1/3 cup Rice - coarsely ground	2
• Tamarind - a small lemon sized ball	
• 1- 1 1/4 cups Water	
• 10 Curry leaves	
• 2 Dry Red Chillies - broken to 2	
• 1/4 teaspoon Asafoetida (hing)	
• 2 teaspoons Sunflower Oil	
• 1 teaspoon Mustard seeds	
• Salt - to taste	

Preparation

- Coarse grind the rice into rava.
- Meanwhile, soak tamarind in water and set aside for 5 minutes.
- Set aside until use.
- Stir in the rice rava and add tamarind water.
- Mix in the salt once the puli-upma starts to thicken.
- Cook until the tamarind upma mixture comes together.

Macronutrients



Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	6	45	5	4	2

