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Recipe Name: Ragi Semiya Upma Recipe - Ragi Millet Vermicelli Breakfast

Diet Type: Vegetarian

Course: South Indian Breakfast

Cuisine: South Indian Recipes

Quantity:



Description

This Ragi Semiya Upma is a wholesome and flavorful South Indian breakfast, served in a white bowl against a dark, checkered background. The dish features rustic brownish-red ragi millet vermicelli noodles, vibrantly mixed with sautéed red onions, fresh green curry leaves, and bright green coriander. Though not distinctly visible, it's traditionally prepared with carrots and green peas, along with a tempering of mustard seeds and split urad dal, offering a comforting and nutritious start to the day.
[PROS]
- Rich in dietary fiber, aiding digestion and promoting satiety.
- Excellent source of calcium and iron (from Ragi millet, if used).
- Contains vegetables like carrots and green peas, providing essential vitamins and antioxidants.
- Can have a lower glycemic index compared to traditional rice upma, helping manage blood sugar (if ragi vermicelli is primarily used).
[CONS]
- Can be high in carbohydrates if portions are not controlled.
- Some might find the distinct taste of millet takes some getting used to.
- Care is needed during preparation to prevent the vermicelli from becoming sticky or mushy.
[DIETITIAN REVIEW]
This Ragi Semiya Upma offers a highly nutritious start to the day. While the provided ingredient list specifies Rice Vermicelli Noodles, the dish's name (Ragi Semiya Upma) and appearance strongly suggest a millet-based vermicelli, which would contribute significant dietary fiber, calcium, and iron. The inclusion of colorful vegetables adds vitamins and antioxidants, while tempering with ghee provides healthy fats and a boost of flavor. Score: 8/10

Ingredients

Ingredient	Quantity
• Rice Vermicelli Noodles (Thin)	1-1/2 cups
• Onion - sliced	1
• Carrots (Gajjar) - chopped	1/2 cup
• Green peas (Matar)	1/3 cup

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- Green Chillies 2

• Asafoetida (hing)	1/4 teaspoon

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• Mustard seeds	1 teaspoon

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• White Urad Dal (Split)	1 teaspoon

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• Ghee	1 teaspoon

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• Curry leaves	1 sprig

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• Salt	to taste

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• Lemon juice	1 teaspoon

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Preparation

• 1.
• Bring a pot of water to a rolling boil.
• Add the Rice Vermicelli Noodles and cook for 2-3 minutes until they are al dente.
• Drain immediately, rinse under cold water to prevent sticking, and set aside.
• 2.
• Heat the ghee in a large pan or kadai over medium heat.
• Add the mustard seeds and let them splutter.
• 3.
• Next, add the White Urad Dal (Split) and roast until it turns light golden brown.
• Then add the curry leaves and asafoetida (hing), and sauté for a few seconds until fragrant.
• 4.
• Add the sliced Onion and Green Chillies to the pan.
• Sauté until the onions turn translucent.
• 5.
• Now, add the chopped Carrots (Gajjar) and Green peas (Matar).
• Cook for 3-5 minutes, stirring occasionally, until the vegetables are tender-crisp.
• 6.
• Gently add the blanched and drained vermicelli to the pan.
• Add salt to taste and the Lemon juice.
• Mix everything thoroughly but gently, ensuring the vermicelli does not break.
• 7.
• Cover the pan and cook on low heat for 2 minutes to allow the flavors to meld and the vermicelli to heat through.
• 8.
• Serve the Ragi Semiya Upma hot, optionally garnished with fresh coriander leaves.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	10	60	10	4	2