



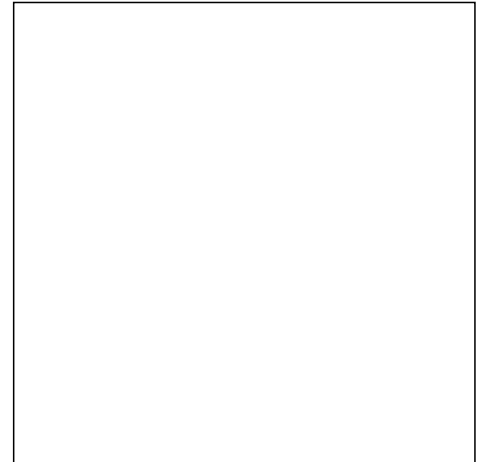
Recipe Name: Ragi Semiya Upma Recipe - Ragi Millet Vermicelli Breakfast

Diet Type: Vegetarian

Course: South Indian Breakfast

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1-1/2 cups Rice Vermicelli Noodles (Thin)	4
• 1 Onion - sliced	
• 1/2 cup Carrots (Gajjar) - chopped	
• 1/3 cup Green peas (Matar)	
• 2 Green Chillies	
• 1/4 teaspoon Asafoetida (hing)	
• 1 teaspoon Mustard seeds	
• 1 teaspoon White Urad Dal (Split)	
• 1 teaspoon Ghee	
• 1 sprig Curry leaves	
• Salt - to taste	
• 1 teaspoon Lemon juice	

Preparation

- To begin making the Ragi Vermicelli Recipe, first steam the ragi vermicelli in a rice cooker or a steamer for about 5-6 minutes or till it is cooked but firm.
- Keep aside this aside till later use.
- You can add a few drops of oil and mix it so that they don't.

Macronutrients

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