

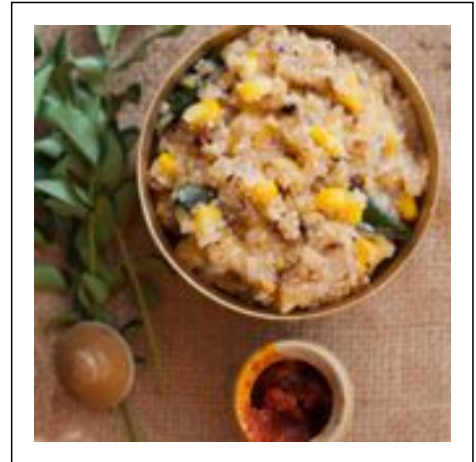
Recipe Name: Andhra Style Uppu Pindi Recipe (Rice Rava and Moong Dal Pudding Recipe)

Diet Type: Vegetarian

Course: South Indian Breakfast

Cuisine: Andhra

Quantity:



Ingredients

Ingredient	Quantity
• 1 1/2 cup Rice rava	4
• 1/3 cup Yellow Moong Dal (Split)	
• 1/2 cup Sweet corn	
• 1 Onion - chopped	
• 1 teaspoon Mustard seeds	
• 1 teaspoon White Urad Dal (Split)	
• 2 Dry Red Chillies	
• 1 sprig Curry leaves	
• 1 inch Ginger - chopped	
• 1 pinch Asafoetida (hing)	
• Salt - to taste	
• Sunflower Oil - for cooking	

Preparation

- To begin making the Andhra Style Uppu Pindi Recipe, you can prepare rice rava at home as well.
- Wash the normal rice with water and dry it out under the sun or outside for 20 minutes till it becomes dry and grind it coarsely.
- Heat a kadai with oil, add mustard seeds and urad dal and splutter them for 10 seconds and add the curry leaves too and let it crackle.
- Add in the dry red chillies, hing and fry for 10 more seconds.
- Add onions and ginger, stir till the onions become translucent.
- Add the moong dal and fry for 2 minutes.
- Add about 4 cups of water and leave it to boil on a low heat.
- Add salt and adjust according to your palate.
- You can add the ground rice when it starts to boil and keep whisking so that there are no lumps formed.



- Add the sweetcorn and stir.
- Cover and cook over a low heat for 2 more minutes.
- Keep mixing at regular intervals so that it does not get stuck at the bottom.

Macronutrients

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