



## Rava Upma

**Serve:** 2

**Courses:** Breakfast

**Variants:** Pure Olive Oil

**Proteins:** Veg

### Ingredients:

- 1) 1 cup rava
- 2) 1, 1/2 tbsp Figaro Pure Olive Oil
- 3) 1/2 tsp mustard seeds
- 4) 1 tsp urad dal
- 5) 4 curry leaves
- 6) 2 slit green chillies
- 7) 1/4 cup finely chopped onions
- 8) Salt, to taste
- 9) 2 tsp lemon juice
- 10) 2 tsp sugar
- 11) Chopped coriander leaves, to garnish

### Methods:

**Step 1:** Heat the rava in a kadhai and dry roast on a medium flame for 4 to 5 minutes, while stirring occasionally. Keep aside.

**Step 2:** Heat the olive oil in a kadhai and add the mustard seeds.

**Step 3:** When the seeds crackle, add the urad dal, curry leaves and green chillies and sautÃ© on a medium flame for a few seconds.

**Step 4:** Add the onions and sautÃ© on a medium flame for 1 to 2 minutes.

**Step 5:** Add the roasted rava, 3 cups of hot water and salt and mix well and cover with a lid and cook on a slow flame for 3 to 4 minutes, while stirring occasionally.

THANK YOU

Customer care no. 18001030494

E-mail: india@deoleo.com Website: www.figarooliveoil.com

**Step 6:** Add the lemon juice and sugar, mix well and cook on a medium flame for another 1 minute, while stirring continuously. Serve warm.

THANK YOU

Customer care no. 18001030494

E-mail: [india@deoleo.com](mailto:india@deoleo.com) Website: [www.figarooliveoil.com](http://www.figarooliveoil.com)