



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.

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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.

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