



Jowar Upma (OP I)

Serving: 1

Veg

Ingredients

- -2 tbsp jowar (white millet) flour
- -1 tsp of oil
- -1 tsp mustard seeds (rai / sarson)
- - $\frac{1}{4}$ tsp asafoetida (hing)
- -5 to 6 curry leaves (kadi patta)
- -1 tbsp chopped onions , can add tomato and carrot also
- -1 tbsp semolina (rava)
- -1 tsp boiled green peas
- - $\frac{1}{2}$ tsp green chilli paste
- -1 tbsp finely chopped coriander (dhania)
- -salt to taste
- -1 tsp lemon juice

Preparation Method

1. Heat the oil in a deep non-stick pan, add the mustard seeds
2. When the mustard seeds crackle, add the asafoetida and curry leaves and sauté on a medium flame for a few seconds.
3. Add the onions and sauté on a medium flame for 1 minute.
4. Add the semolina and sauté on a medium flame for another 2 minutes.
5. Add the jowar flour and sauté on a medium flame for 2 more minutes.
6. Add the green chilli paste, coriander and salt and mix well.
7. Add $\frac{1}{2}$ cup of hot water, mix well and cook on a medium flame for 2 to 3 minutes, while stirring continuously.
8. Add the lemon juice and mix well.
9. Serve immediately.