



Couscous Upma (OP I)

Serving: 1

Veg

Ingredients

- -2 tbsp couscous
- -2 tbsp finely chopped onions
- -2 tbsp finely chopped tomato
- -2 tbsp finely chopped capsicum
- -1 tbsp chopped coriander leaves
- -1 small dry kashmiri red chillies
- - $\frac{1}{2}$ tsp mustard seeds (rai / sarson)
- -4-5 curry leaves (kadi patta)
- - $\frac{1}{4}$ tsp chana dal (split bengal gram)
- -salt to taste
- -2 tsp oil
- -1 tsp lemon juice

Preparation Method

- -Add couscous to $\frac{1}{2}$ cup boiling water. Remove from flame, cover and let it stay.
- -In a non stick pan, heat oil and add the mustard seeds and let them crackle.
- -Add the curry leaves, chana dal, red chillies and saute for 30 seconds.
- -Add the onions, Capsicum, tomato and when it cook add the couscous to it.
- -Add salt and mix well.
- -Add lemon juice and serve hot.