



## Minty Oats Soup ( L )

Serving: 1

Veg

### *Ingredients*

- $\frac{1}{4}$  cup Finely chopped / grated carrot
- 1 tsp oil
- 2 tbsp Finely Chopped Mint Leaves
- 3-4tbsp finely chopped cabbage
- 2 tsp finely chopped Garlic (lehsun)
- 2 cup basic vegetable stock
- $\frac{1}{2}$  tsp finely chopped ginger (adrak)
- 1tbsp quick cooking rolled Oats
- 2 tsp finely Chopped green chillies
- 2 tsp lemon juice
- Salt and freshly ground black pepper (kalimirch) to taste

### *Preparation Method*

- Heat the oil, add ginger, garlic and Green chill saute on a medium flame for a few seconds . Add carrot and Cabbage and saute on a Medium Flame for 2 Minutes Add the Oats and saute on a high flame for 1 to 2 minutes. Add vegetable stock well and boil . Add the salt, pepper, mint leaves and lemon juice ,Mix well and cook on a medium flame for 1 min . Serve immediately.