



Oats Tomato Rice (OP I)

Serving: 1

Veg

Ingredients

- -2 tbsp roasted oats
- - $\frac{1}{2}$ cup cooked rice
- -1 tsp Red chili powder
- - $\frac{1}{2}$ Tsp cumin seeds
- -2 large tomatoes ,finely chopped
- -1 green chilli
- -1 tbsp lemon juice
- -salt to taste

Preparation Method

- -Heat pan , add cumin seeds , chopped tomatoes , cook for 4-5 minutes
- -Add salt , red chili , green chili , Cook for 1 minute
- -Add roasted oats and mix for 1-2 minutes
- -Add rice and mix well . Add lemon juice and mix lightly
- -Garnish with mint leaves
- -Serve