



## Nachni Upma ( OP I )

Serving: 1

Veg

### *Ingredients*

- 2 tbsp fresh curds (dahi) , mixed with  $\frac{1}{2}$  cups of water
- salt to taste
- 1 tsp cumin seeds (jeera)
- $\frac{1}{4}$  tsp chilli powder
- $\frac{1}{4}$  tsp asafoetida (hing)
- 2 pinches of baking soda
- $\frac{1}{4}$  tsp finely chopped green chillies
- 3 tbsp ragi (nachni / red millet) flour
- 2 tbsp finely chopped coriander
- 2 tsp oil for serving

### *Preparation Method*

- Put the curds-water mixture in a deep non-stick pan, add the salt, cumin seeds, chilli powder, asafoetida, baking soda and green chillies, mix well and boil on a high flame for 2 to 3 minutes.
- Add the red millet flour and mix well, while stirring continuously.
- Cover and cook on a slow flame for another 8 to 10 minutes or till the mixture leaves the sides of the pan, stirring once in between.
- Add the coriander, mix well
- serve