



Cauliflower Upma*

Serving: 1

Veg

Ingredients

- -1/2 cup Cauliflower florets
- -1 tsp oil
- -1 tbsp grams Peanuts
- -2 tbsp chopped capsicum
- -1 tsp Ginger paste
- -4-5 Curry Leaves
- -1 tsp Cumin Seeds
- -1/2 tsp Mustard Seeds
- -1 Green Chilly (Chop for maximum spice)
- -Coriander for Garnish

Preparation Method

- -Blitz the cauliflower florets in a food processor with the blade attachment to get a cous cous type consistency
- -Heat oil in a kadahi/wok/frying pan and add in the mustard seeds and cumin.
- -Once they start to sizzle add in the capsicum, curry leaves, ginger and chilly and season with salt . Cook for 3-4 minutes
- -Add in the cauliflower and fry for a few minutes
- -Add a 1/4 cup of water and cover and cook for 5-7 minutes
- -Keep checking and stirring every few minutes to ensure nothing sticks.
- -Cook till the water dries up and finish with fresh coriander.