



Oats Upma (OP I)

Serving: 1

Veg

Ingredients

- Oats- 2tbsp(30g)
- French beans- 1 tbsp, chopped
- Onion- 1 medium no. , finely chopped
- Carrot- 1/2 small no.
- Urad dal (split black lentils)- 1/2 tsp
- Turmeric powder (haldi)- as per taste
- Mustard seeds- 1/4 tsp
- Curry leaves- 1/2 tsp
- Green chillies - 1 no.
- Coriander- for garnish
- Salt- as per taste
- Oil - 1/2 tsp

Preparation Method

- 1. Heat a nonstick pan, add the oats and turmeric powder and saute on a medium flame for 3 to 4 minutes or till it turns light brown in colour, stirring occasionally and keep aside.
- 2. Heat 1/2 tsp oil in a nonstick pan then add the mustard seeds.
- When the seeds crackle, add the urad dal, curry leaves, green chillies and saute on a medium flame for 1 minute.
- 3. Add the onions and saute on a medium flame for 1 minute or till the onions turn translucent.
- Add the carrots, green peas and french beans and saute on a medium flame for 2 minutes.
- 4. Add the oats mixture, salt and remaining turmeric powder, mix well and cook on a medium flame for 1 minute, stirring continuously.
- 5. Add 1 1/2 cups of hot water, cover and cook on a slow flame for 5 to 7 minutes, stirring occasionally.
- Serve immediately garnished with coriander.