



Bread Upma (OP I)

Serving: 1

Veg

Ingredients

- 2-3 slices wholewheat/ protein bread /multigrain bread
- 2 tsp oil
- 1/2 tsp mustard seeds / rai
- few curry leaves
- 1/2 medium sized onion, finely chopped
- 1 green chilli, chopped
- 1/2 tsp adrak paste
- 1 medium sized tomatoes, finely chopped
- 1/2 tsp turmeric / haldi
- 1 tsp kashmiri red chili powder / lal mirch powder
- salt to taste
- 1/2 small sized capsicum, finely chopped
- 2 tbsp water, if required
- 2 tbsp coriander leaves, finely chopped

Preparation Method

- Firstly, in a toaster or tawa toast the bread to golden brown and crisp.
- Further, cut the bread slices into cubes and keep aside.
- In a kadai heat oil.
- Further add mustard seeds and curry leaves.
- sauté till the mustard seeds to splutter.
- furthermore, add onions, ginger paste and green chilli.
- saute till onions sweat and turn translucent.
- Now add tomatoes and saute well.
- saute till the tomatoes turn soft and mushy.
- Add turmeric, chili powder, sugar and salt.
- saute for a minute on low flame till the spices are cooked well.
- Now add capsicum and continue to saute.
- do not overcook and make sure to retain the crunchiness of capsicum.
- Add 2 tbsp of water and mix the mixture well.
- further add toasted bread pieces.
- And mix gently without breaking the bread pieces.
- Also cover and simmer for 2-3 minutes, making sure the bread absorbs masala.
- finally, serve bread upma garnished with coriander