



## Coriander Upma ( OP I )

Serving: 1

Veg

### *Ingredients*

- 2 tbsp semolina (rava)
- 1 tbsp oil
- 1 tsp urad dal (split black lentils)
- 1 tsp mustard seeds (rai / sarson)
- a pinch of hing
- 4 to 5 curry leaves (kadi patta)
- 2 tbsp finely chopped onions
- salt to taste
- 2 tbsp finely chopped coriander (dhania)
- To Be Blended Into A Coriander Chutney (using very Little Water)
- 1/2 cup roughly chopped coriander (dhania)
- 2 green chillies , roughly chopped
- 1 tsp cumin seeds (jeera)
- 1 tsp lemon juice
- salt to taste

### *Preparation Method*

- Dry roast the semolina in a non-stick kadhai on a medium flame for 3 to 4 minutes or till it turns light brown in colour, stirring continuously. Keep aside.
- Heat the oil in a non-stick pan and add the urad dal and mustard seeds
- When the seeds crackle, add the asafoetida, curry leaves and onions and sauté on a medium flame for 1 minute.
- Add the roasted semolina and salt and sauté on a medium flame for 1 more minute.
- Add the coriander chutney and cook on a medium flame for 1 minute.
- Add 1 cup of hot water and cook on a medium flame for 1 to 2 minutes or till the water evaporates, while stirring continuously.
- Add coriander, mix well and cook on a medium flame for 1 to 2 minute.