



Soya Upma (OP I)

Serving: 1

Veg

Ingredients

- 2 tbsp soya granules
- 1 tsp oil
- 1 tsp cumin seeds (jeera)
- 1 tsp ginger-green chilli paste
- 2 tbsp finely chopped onions
- 2 tbsp grated carrot
- salt to taste
- 1 tsp lemon juice
- For The Garnish
- 1 tbsp finely chopped coriander (dhania)

Preparation Method

- Soak the soya granules in hot water for approximately 15 minutes. Drain, squeeze out all the water and keep aside.
- Heat the oil in a non-stick pan and add the cumin seeds.
- Add the ginger-green chilli paste and onions and sauté on a medium flame for 1 to 2 minutes or till the onions turn light brown in colour.
- Add the carrots and sauté on a medium flame for another 2 to 3 minutes.
- Add the soya granules, salt and lemon juice; mix well and cook on a medium flame for 2 to 3 minutes, stirring occasionally.
- Serve hot garnished with coriander