



Barley Upma (OP I)

Serving: 1

Veg

Ingredients

- -Barley grits (Broken Barley)- 2 tbsp
- -Mixed veggies(chopped carrot, beans, peas)- $\frac{1}{2}$ cup
- -Urad dal- 1 tbsp
- -Mustard seeds- 1 tsp
- -Peanut- 1 tsp
- -Finely chopped Onion $\frac{1}{2}$
- -Finely chopped tomato- $\frac{1}{2}$
- -Grated ginger- 1 tsp
- -Finely chopped green chilli- 1
- -Lemon Juice (squeeze on top)- as per taste
- -Coriander Leaves- for garnishing
- -Salt- as per taste
- -Water- 1 cup
- -Oil- $\frac{1}{2}$ tsp

Preparation Method

- -In a pressure cooker add the barley grits with 1 cup of water and pressure cook it over a medium flame till 2 whistles. Once done allow the barley grits to come to a room temperature.
- -Heat $\frac{1}{2}$ tsp oil in a non stick pan on a medium flame.
- -Add the mustard seeds and when they begin to crackle add the urad dal and peanuts, cook for a minute.
- -Add the chopped onions and saute till they become translucent. Add the grated ginger and chopped chilli, Mix well.
- -Put in the mix veggies(chopped carrot, french beans, peas) and salt and allow it to cook for a minute.
- -Now add the barley grits into the pan and mix well. Keep stirring as barley may stick to the pan. Cook for about 2 minutes.
- -Once cooked add the chopped coriander and give it a stir.
- -Serve it a bowl and squeeze some lemon juice on top of it.