



## Egg Oats Upma

Serving: 1

Non Veg

### *Ingredients*

- Oats – 2 tbsp , dry roast for 5 minutes and cool
- 2 egg ( use only whites )
- Carrot – 2 tbsp chopped
- French Beans - 5-6, string and chop into pieces
- Green peas - fistful (optional)
- Onion - 1, finely sliced
- Green Chilies - 2, slit
- Ginger - 1tsp (grated)
- Turmeric powder -  $\frac{1}{2}$  tsp
- Salt to taste
- Water - 1 cup ( as required )
- Oil - 2 tsps
- Coriander leaves - 1 tbsp, finely chopped
- **Tadka:**
  - Mustard seeds -  $\frac{1}{2}$  tsp
  - Cloves - 2
  - Cinnamon Stick - small piece
  - Bay Leaf - 1
  - Curry leaves - 1 sprigs

### *Preparation Method*

- Heat oil in a heavy bottomed vessel. Add mustard seeds and allow to splutter. Add whole spices, curry leaves and saute for a minute on low to medium flame.
- Add the onions, ginger and green chilies and saute for 4 mts. Add chopped vegetable , and saute on medium flame for 4 mts. Add turmeric powder and salt and mix.
- Place lid and cook on low flame for 6-7 mts. Add a  $\frac{1}{2}$  cup of water and bring to a boil. Reduce flame, place lid and cook for 6-7 mts or till the water is half absorbed.
- Add the dry roasted oats and mix. Place lid for 2-3 minutes. ( water should be fully absorbed )
- Add eggs and sramble it properly , cover and cook it until oats and egg both are cooked well . Turn off heat and mix well.
- Remove onto a serving bowl and garnish with fresh coriander leaves. Serve .