



Oats chivda (ES)

Serving: 1

Veg

Ingredients

- Oats- 10 gms
- Roasted chana dal -1 tbsp
- Kurmura (puffed rice)- 10 gms
- Peanuts - 1 tsp
- Mustard seed- $\frac{1}{4}$ tsp
- Turmeric Powder- $\frac{1}{2}$ tsp
- Salt-use minimum, to taste
- Black pepper a pinch
- Green chilli-1 sliced (optional)
- Curry leaves - 2 no.
- Oil $\frac{1}{2}$ tsp

Preparation Method

1. In a pan roast the kurmura till it turn crisp.
2. Keep aside, in the same pan roast oats till crisp or turns little golden brown.
3. Add oil in pan, when it's hot add mustard seed let them crackle.
5. Add green chili,curry leaves add turmeric powder, turn off the heat and mix it to the roasted oats, peanuts and kurmura.
6. Add salt, black pepper and mix everything properly.
7. Allow it to cool completely and store this in airtight container.
8. Enjoy with hot cup of tea.