



Vegetable Oats Porridge (OP I)

Serving: 1

Veg

Ingredients

- - 2 tbsp- quick cooking Oats
- - $\frac{1}{4}$ cup- Vegetables (i used carrot and peas)
- - 1 small sized Onion (finely chopped)
- - a generous pinch of turmeric powder
- - $\frac{1}{2}$ tsp-red chilli powder
- - $\frac{3}{4}$ tsp Garam masala
- - 1 tsp Coriander leaves
- - $\frac{1}{4}$ tsp pepper powder
- - 1 cup water (adjust accordingly)
- - Salt as required.

Preparation Method

- - Dry roast the chopped Onion in a non stick pan until it shrinks.
- - Add the Oats and roast until you get an aroma.
- -In the meantime ,pressure cook the vegetables separately until soft and slightly mushy (2 whistles)
- -Add the cooked vegetables,water ,red chilli ,turmeric,garam masala powder and salt to the Oats.
- -Cook on medium flame for 3 minutes until the oats become soft,add more water if required.
- -Boil for a while, then use a ladle/ masher to mash the ingredients well (depends on how you want the vegetables to be)
- -Cook for 2 more minutes until the preparation gets porridge -like consistency.
- -Add chopped coriander leaves and pepper powder and switch off the flame.
- -Garnish with raw onions.
- -Serve hot.