**Rava Upma**

Prep time: 15 min Cook time: 15 min

**Ingredients:**

* 1 cup fine rava (sooji)
* ⅓ cup finely chopped onions
* 1 tsp chopped green chili (adjust to taste)
* 1 tsp finely chopped ginger
* 2 tbsp oil (Sunflower or Rice bran)
* 1 tsp mustard seeds
* ½ tsp jeera seeds (cumin seeds)
* 1 tsp chana dal (Bengal gram)
* 1 tsp urad dal (split black gram)
* 6 to 8 cashews, halved
* 8 to 10 curry leaves
* 2.5 cups water
* Low sodium salt, to taste
* 1 tsp sugar
* 2 tbsp chopped coriander leaves

**Instructions:**

**Roast the Rava:**

1. Heat a kadai (wok) over medium heat. Add 1 cup rava and roast it, stirring often. The rava should become fragrant and slightly dry and crisp. Once done, set it aside.

**Prepare the Tempering:**

1. In a separate pan, heat 2 tbsp oil. Add 1 tsp mustard seeds and let them crackle.
2. Add ½ tsp jeera seeds, 1 tsp chana dal, and 1 tsp urad dal. Fry until they turn lightly golden.

**Sauté Onions and Spices:**

1. Add the halved cashews and sauté for a minute.
2. Then add the finely chopped onions and sauté until they become translucent.
3. Add 1 tsp chopped green chili, 1 tsp finely chopped ginger, and 8 to 10 curry leaves. Sauté for a few seconds until fragrant.

**Cook the Upma:**

1. Pour in 2.5 cups of water, and add 1 tsp sugar and salt to taste. Mix well.
2. Increase the heat to medium-high and bring the water to a boil.
3. Once boiling, lower the heat and add the roasted rava in 4 to 5 batches, mixing constantly to prevent lumps.

**Steam the Rava:**

1. Cover the pan and allow the rava to steam for 2 to 3 minutes on low heat.

**Finish and Serve:**

1. Turn off the heat and add 2 tbsp chopped coriander leaves. Mix well to combine.
2. Serve hot, with or without coconut chutney.