



Rava Upma

Cooking Time _____

On2Cook: 4:20 mins Normal Cooking: 20 mins

Accessories: Pan Honeycomb (Non-Stick), Silicone Stirrer

Ingredients _____

- | | |
|-------|-------------------------------------|
| 30 g | Oil & Ghee |
| | 20 ml Oil, 10 g Ghee |
| 17 g | Whole Spices |
| | 2 g Curry Leaves, 2 g Mustard Seeds |
| | 2 g Cumin, 1 g Asafetida |
| | 10 g Peanut |
| 68 g | Vegetables |
| | 30 g Onion, 30 g Tomato |
| | 3 g Green Chilli, 5 g Ginger |
| 60 g | Suji |
| 250 g | Water |

Step 1 0:30 secs

30 g Oil & Ghee

I 100 M 0

Step 2 0:20 secs

17 g Whole Spices

I 100 M 0

Step 3 0:30 secs

68 g Vegetables

I 100 M 100

Step 4 1:00 min

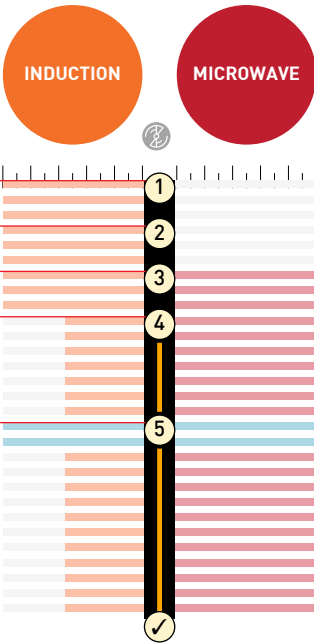
60 g Suji

I 60 M 100

Step 5 2:00 mins

250 g Water

I 60 M 100



Total Output:
300 g