

Rava Upma 2500gm

Cooking Time _____

On2Cook: 15:40 mins Normal Cooking: 45 mins

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

Ingredients _____

- 150 g

Ghee
- 40 g

Whole Spices
- 5 g Mustard Seeds, 5 g Curry Leaves
- 10 g Whole Red Chilli
- 10 g Urad Dal, 10 g Channa Dal
- 30 g

Chopped Vegetables 1
- 20 g Ginger, 10 g Green Chilli
- 300 g

Chopped Vegetables 2
- 200 g Onion, 100 g Tomato
- 200 g

Chopped Vegetables 3
- 100 g Carrot, 100 g Beans
- 100 g

Green Peas
- 500 g

Rava
- 8 g

Powder Spices
- 3 g Turmeric
- 5 g Kashmiri Chilli Powder
- 55 g

Salt & Lemon Juice
- 25 g Salt, 30 g Juice
- 120 g

Coriander & Roasted Peanuts
- 20 g Coriander
- 100 g Roasted Peanuts

Step 1 1:00 min

150 g Ghee

I 100 M 0

Step 2 0:40 secs

40 g Whole Spices

I 100 M 0

Step 3 0:30 secs

30 g Chopped Vegetables 1

I 100 M 100

Step 4 2:30 mins

300 g Chopped Vegetables 2

I 70 M 100

Step 5 2:30 mins

g Powder Spices, 500 g Sooji
200 g Chopped Vegetables 3, 8

I 50 M 100

Step 6 3:30 mins

850 ml Water

I 60 M 100

Step 7 3:00 mins

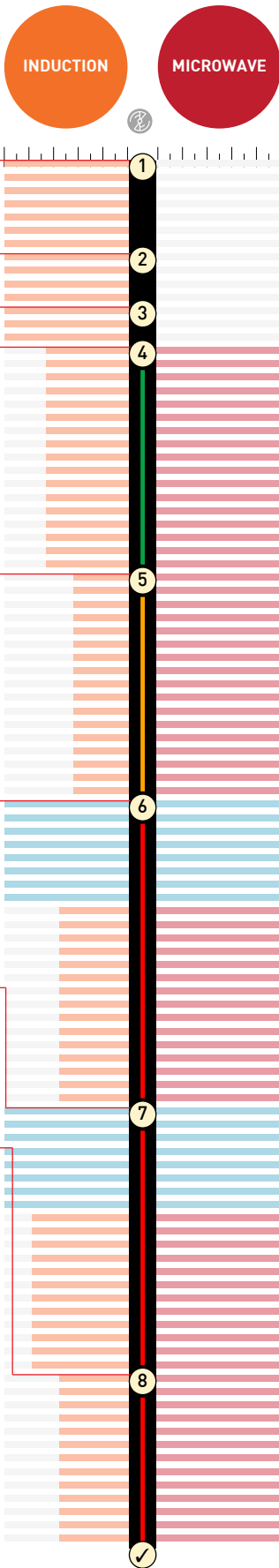
ml Water
55 g Salt & Lemon Juice, 850

I 80 M 100

Step 8 2:00 mins

Coriander & Roasted Peanuts

I 60 M 100



Total Output:
2500GM