



## 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

Total Output:  
2500GM