

Upma Recipe

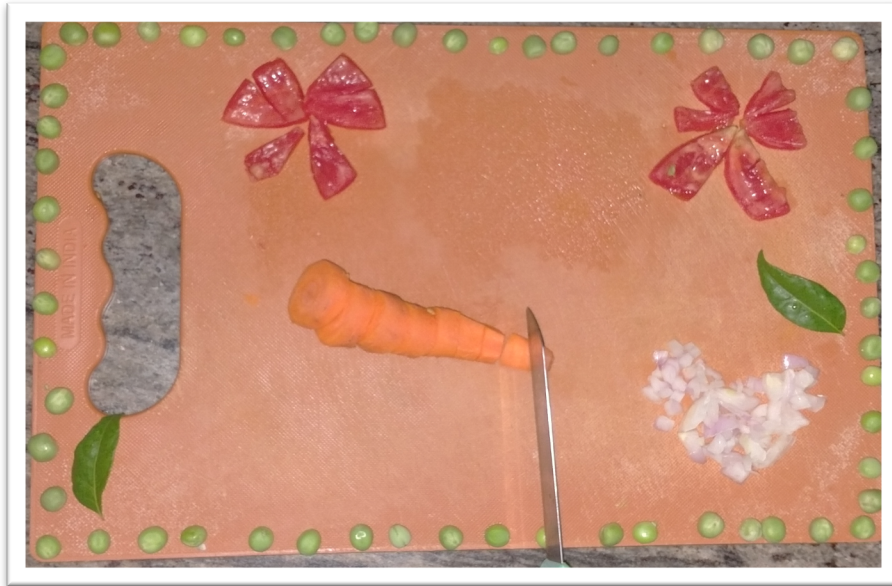


INGREDIENTS

- 1 Tomato
- Half a carrot
- 1 onion
- 30-35 peas
- 3 curry leaves
- $\frac{3}{4}$ cup suji (semolina)
- Water
- 5 ml oil
- Mustard seeds



How to make Upma



1. Chop all vegetables into tiny pieces like shown in ingredients.

2. Heat up a bowl shaped frying pan and add 5 ml oil. Then add onion, curry leaf and mustard seeds, Let it simmer for 1 minute.





3. After waiting, add the vegetables and then the suji (semolina).

4. Now, for the suji to become soft we have to add water so the suji can absorb it. Close the lid.



A white ceramic bowl filled with a quinoa salad. The salad consists of cooked quinoa grains, diced orange carrots, sliced green bell peppers, and fresh green basil leaves. The bowl is set on a grey, speckled countertop. The text "Enjoy!" is written in a black, cursive font across the center of the bowl, with a horizontal line underneath it.

Enjoy!