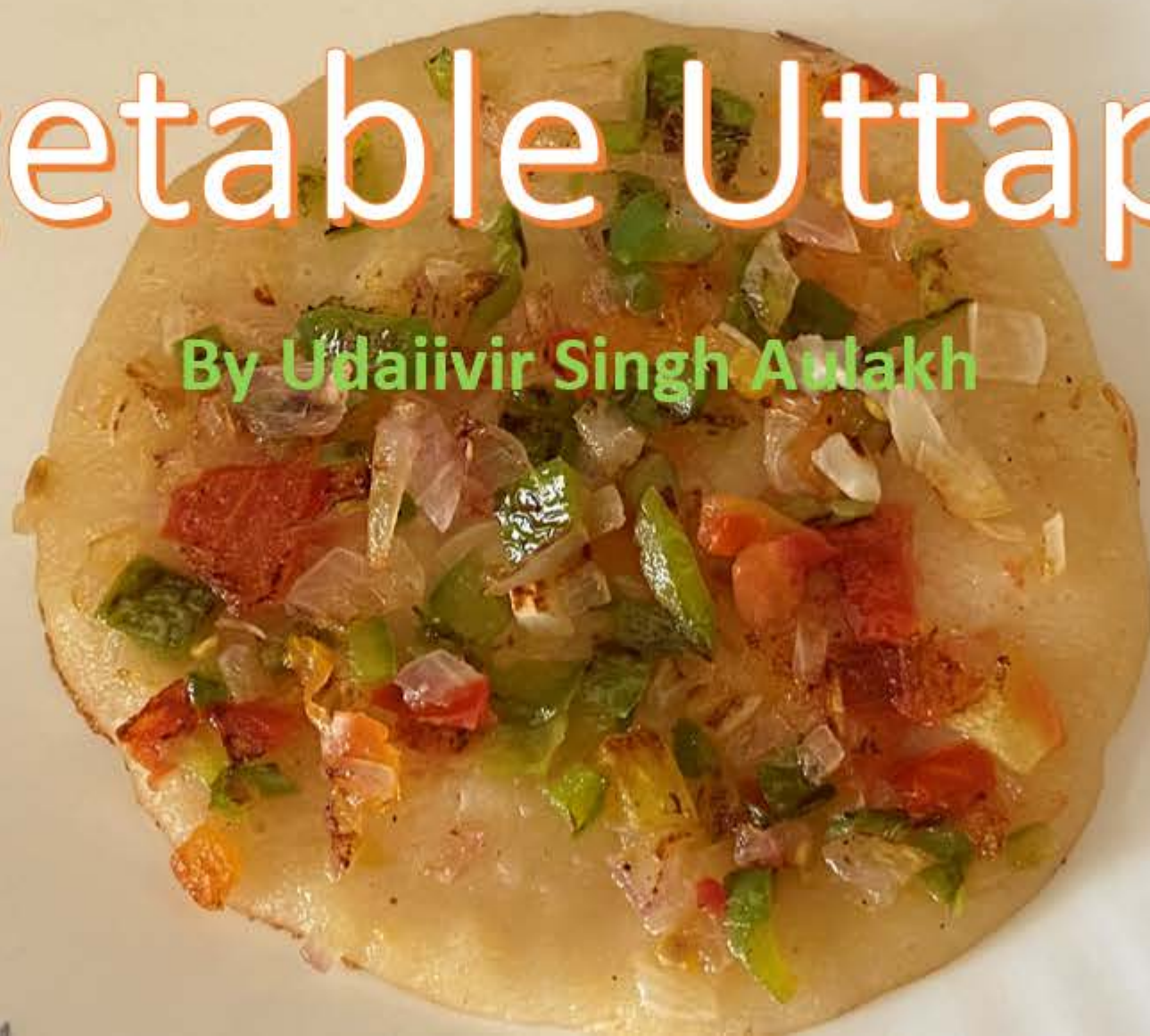


# Vegetable Uttapam

By Udaiivir Singh Aulakh







## Ingredients

- 1 Cup Rava/Suji/Semolina
- 1 Cup curd
- 1 Capsicum finely chopped
- 1 Tomato finely chopped
- 1 Onion finely chopped
- Salt to taste
- $\frac{1}{4}$  tsp pepper
- $\frac{1}{2}$  cup water





1. Put 1 cup  
Rava/Semolina in a bowl.



2. Add 1 cup curd and  
half cup water in it.



3. Mix both the  
ingredients properly and  
keep it to rest for 1 hr.



4. Put some salt in the  
above mixture.



5. Mix it properly  
and check the  
consistency.



6. Put tomato in 1 plate.



8. Then put capsicum.



9. Add some salt to the mixture of vegetables



7. Then put onion.



10. Add some pepper to the mixture.







11. Mix the above vegetables properly.



13. Spread it on the hot pan gently.



14. Spread the mixture of vegetables over the pancake of Suji and curd.



15. Cook it on the medium flame until it is golden brown from one side.

12. Take a tbsp of the Suji Batter.





16. Put some Ghee/Oil on its sides.



18. Cook the other side from 1-2 mins on medium flame.



17. Flip the Uttapam upside down when it's cooked from one side.



19. Serve the healthy, tasty Uttapam with green mint and coriander chutney

