

Lunch



RECIPE

Mini Vegetable Idli

Ingredients

- 1 bowl, rice milled
- 1 tsp, finely chopped onion
- 1 ½ tbsp, capsicum green
- Ghee as required
- Cumin seeds as required
- ½ bowl, urad dal
- 2 tbsp, shredded carrot
- 1 ½ tbsp, capsicum yellow
- Salt to taste
- Oil for greasing the idli molds

Step by step

Cooking Instructions

Soak the rice and urad dal for 5-6 hours. Grind the dal till it's light and fluffy and follow the same for rice as well.

Mix them well and add salt as per the taste.

Keep the batter for 4-5 hours so that it ferments well. The amount of fermentation will define the softness and fluffiness of the idli.

Heat ghee in a pan, add cumin seeds, when it splutters, add all the vegetables, salt needed and cook on medium flame for a few minutes stirring frequently.

You do not have to cook it fully as we are going to steam it. Remove from the heat when half done.

After it cools, mix it with the idli batter. Take a ladle of batter and pour it in the idli molds.

Steam for 15 minutes or until a toothpick inserted in the center comes out clean.

Serve it hot with chutney or sambhar.

Nutritional values

2-3 Year olds

| | |
|----------------|----------------------|
| Energy | 25.33% (RDA)* |
| Protein | 25.33% (RDA)* |
| Calcium | 2.48% (RDA)* |
| Iron | 8.79% (RDA)* |

4-5 Year olds

| | |
|----------------|----------------------|
| Energy | 10.59 kcal |
| Protein | 21.05% (RDA)* |
| Calcium | 2.48% (RDA)* |
| Iron | 6.08% (RDA)* |

***Recommended dietary allowance**

TIPS

- Another way of making the idli is with rice and suji.
- You can also sauté vegetables and add pieces of idli to it. It will look like pasta and can be consumed at room temperature as well.