

Lunch



RECIPE

Vermicelli Upma

Ingredients

- 1 cup, wheat vermicelli
- 3 tbsp, finely chopped onion
- Oil as required
- Turmeric powder as required
- 1/2 tsp, Cumin seeds
- 1 tsp, urad dal
- 1 tsp, coriander chopped
- Salt to taste
- 1/2 tsp, Mustard seeds

Step by step

Cooking Instructions

Heat a wok or a kadhai and roast the vermicelli for 3-4 minutes until slightly golden. Transfer to a plate and keep aside.

Now heat oil in the same kadhai and add urad dal, mustard and cumin seeds. Let them crackle for a minute. Sauté for 1-2 minutes and add the onions. Mix well.

Add turmeric powder and salt and sauté for 1-2 minutes.

Add 1 cup of water, and bring to a rolling boil. Add the vermicelli and mix well. Cover the kadhai with a lid and let it cook for 5-6 minutes or until the vermicelli is cooked and the water is dried up.

Check seasoning. Transfer to a serving bowl and finish with chopped coriander on top. Serve immediately.

Nutritional values

2-3 Year olds

Energy

12.26 kcal

Protein	18.16% (RDA)*
Calcium	2.66% (RDA)*
Iron	9.7% (RDA)*
4-5 Year olds	

Energy	9.63 kcal
Protein	15.08% (RDA)*
Calcium	2.66% (RDA)*
Iron	6.72% (RDA)*

***Recommended dietary allowance**

TIPS

- You can also add vegetables like potato, carrots, beans and peas.
- You can also put nuts like peanuts and grated coconut.