

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

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

<b>Energy</b>	<b>9.63 kcal</b>
<b>Protein</b>	<b>15.08% (RDA)*</b>
<b>Calcium</b>	<b>2.66% (RDA)*</b>
<b>Iron</b>	<b>6.72% (RDA)*</b>

**\*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.