

A top-down photograph of a light blue bowl filled with a yellowish-orange vermicelli upma. The dish is garnished with white peanuts and finely chopped green herbs. The bowl sits on a patterned napkin on a light-colored wooden surface. To the left of the bowl is a small dark bowl containing more peanuts. A blue plastic lid is placed to the right of the bowl. In the bottom left corner, there is a small sprig of fresh green cilantro. The overall lighting is bright and natural.

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

1. Heat a wok or a kadhai and roast the vermicelli for 3-4 minutes until slightly golden. Transfer to a plate and keep aside.
2. 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.
3. Add turmeric powder and salt and sauté for 1-2 minutes.
4. 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.
5. Check seasoning. Transfer to a serving bowl and finish with chopped coriander on top. Serve immediately.

# Nutritional values

## 2-3 Year olds

|                      |                      |
|----------------------|----------------------|
| <b>Energy</b>        | <b>12.26 kcal</b>    |
| <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.