

Recipe Name: BROCOLLI IDLY UPMA
Diet Type: Vegetarian
Course:
Cuisine: Indian
Quantity: 1 bowl



Description

Preparing the idlis: Cut the leftover idlis into small pieces. Prepare the vegetables: Cut the broccoli into small pieces and quickly steam it. You can also chop the carrots and other vegetables of your choice. Seasoning: Heat oil in a pan and add mustard seeds, urad dal, gram flour, curry leaves and green chillies. Mixing: Add chopped idli pieces, steamed broccoli, carrots and other vegetables to the seasoned mixture. Final touch: Add salt and mix well. Garnish with coriander leaves and serve hot. Serving: This can be eaten with chutney or sambar.

Ingredients

Ingredient	Quantity
• Need to Fill	

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
300	9	36	0	12.5	0