



## Rava Upma Recipe

### Ingredients

- Sachet MAGGI Masala-ae-Magic
- Cup Rava (Sooji)
- Tablespoon Ghee
- Tablespoons Oil
- Tablespoons Ground Nut
- Tablespoon Chana Dal
- Tablespoon Urad Dal
- Teaspoon Mustard Seeds
- Teaspoon Jeera
- Green Chillies (Chopped)
- Curry Leaves
- Onion (Sliced)
- 1/2 1/2 Cups Warm Water
- Pinch Salt
- Tablespoons Coriander Leaves (Chopped)

### Instruction

1. Prepare all the ingredients as mentioned in the ingredient list. Ensure that everything is measured and ready for use to streamline the cooking process. This includes chopping onions, green chillies, and curry leaves, and keeping the spices and dals (chana dal, urad dal) ready.
2. In a pan, heat 1 tablespoon of ghee on medium flame. Once the ghee melts, add the rava (semolina) to the pan. Continuously stir the rava to avoid burning, and roast it until you start to smell a pleasant, nutty aroma and the rava turns slightly golden. Once done, remove it from the pan and set it aside.
3. In a karahi (wok) or a deep pan, heat 1 tablespoon of oil over medium flame. Add the peanuts and roast them, stirring occasionally, until they turn a golden-brown color. Once roasted, remove the peanuts from the karahi and set them aside for later use.
4. In the same oil used for roasting peanuts, add the chana dal, urad dal, mustard seeds, and cumin seeds (jeera). Fry these ingredients until they become golden brown. Next, add the chopped green chillies and curry leaves, stirring until the curry leaves become crispy. Finally, add the chopped onions and sauté until they turn transparent, which indicates they are well-cooked but not browned.
5. Add water to the karahi, followed by the MAGGI Masala-ae-Magic seasoning and salt. Stir well and bring the mixture to a boil. Once the water starts boiling, reduce the heat to low. Slowly add the roasted rava to the boiling water while stirring continuously to prevent lumps from forming. Continue cooking for about 5 minutes, stirring occasionally, until the mixture thickens and the rava is fully cooked.
6. Turn off the flame and add the roasted peanuts to the cooked rava mixture. Stir everything together thoroughly to ensure even distribution of peanuts. Garnish the dish

with freshly chopped coriander leaves. Serve the dish hot and enjoy!

**Nutrition**

**38 Minutes**

Carbohydrates	43.23 g
Energy	331.35 kcal
Fats	14.9 g
Protein	9.96 g

**4 Servings**