

## Pumpkin Upma

28 Sep 2020 15 Min

### Details

An easy and tasty tiffin snack or breakfast meal made in just few minutes with minimum ingredients.

### Ingredients



1/2 Grated Tsp(0.94 gm) Ginger



1/2 Tsp(2.0 gm) Salt



1/2 Cup(30.0 gm) Suji



1 Chopped Tbsp(3.0 gm) Coriander Leaves



1 Number(1.0 gm) Green Chilli



30 Ml(30.0 ml) Water



2 Tsp(8.0 ml) Lemon Juice



6 Number(0.66 gm) Kadi Patta



1 Tsp(4.0 gm) Urad Dal



1/2 Tsp(0.93 gm) Rai



1 Tbsp(8.0 gm) Ghee



4 Grated Tbsp(28.0 gm) Pumpkin

### Method (Step-By-Step)

- Heat 2 tsp ghee, add 1/4 tsp mustard seeds, 1 tsp urad dal and roast till brown.
- Add 1 slit green chilli, 6 curry leaves, 3 tbsp semolina and roast all ingredients till light brown.
- Add 3 tbsp grated pumpkin, 1/2 tsp grated ginger, 1 tbsp chopped coriander leaves, 1/2 tsp salt, required amount of water.

- Mix well and stir it continuously till all water soaks up.
- Squeeze in 2 tsp lemon juice and mix well.
- Serve hot.