



Ingredients

2 cups semolina (rawa/sooji)
1 large potato, diced
1 large carrot, diced
1/2 cup shelled peas
4-6 french beans, chopped
2 medium onions, chopped
2 large green chillies, slit
1 tbsp chopped ginger
4 cups water
Salt to taste
Juice of half a lime

Nutrients

Approx. calories per serving: 185 kcal

Procedure

Preheat a 20cm Tall/Regular unit on medium heat until the Thermo Indicator reaches the first 20 degree mark. Reduce to low heat and roast the semolina for 5-7 minutes. Remove from unit and keep aside. Add the mustard seeds to the same unit and cover for a minute. Open the lid once you hear the mustard seeds crackling. Add the dal and roast until it turns light brown.

Now add the onions, curry leaves, ginger and green chillies into the same unit and cover for a minute. Open the lid and stir for a few minutes until the onions turn light pink. Add all the vegetables, dripping wet, cover and cook till the Thermo Indicator reaches the 80 degree mark. Pour in the water and add salt to taste.

Simmer until the water begins to bubble gently. Mix in the semolina. Stir well, cover and cook for a few minutes. Remove from heat. Add the juice of half a lime along with chopped coriander leaves. Stir and keep covered for a few minutes before serving. Serve hot with a chutney of your choice.