INDIAN · BREAKFAST · LUNCH

Vegetable Oats Upma

30 min · Serves 3 · 401 kcal a serve · Video 5:00 · HomeCookingShow

Vegan

Rolled oats, a little dal and five vegetables give about 12 g of fibre and 13 g of protein a serve, and make it rich in magnesium and vitamins A, C and K. Only 1½ tbsp of oil for three serves.

Diet notes: Low saturated fat (1.4 g, 3% of the energy).

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Ingredients 21 · SERVES 3

- [ ] 470 ml (250 ml cups) **rolled oats**
- [ ] 1½ tbsp **oil**
- [ ] 1 tsp **chana dal**
- [ ] 1 tsp **urad dal**
- [ ] 1 tsp **mustard seeds**
- [ ] 1 tsp **cumin seeds**
- [ ] ¼ tsp **asafoetida** (hing)
- [ ] 1 large **onion**, finely chopped
- [ ] 4 **green chillies**, cut into pieces
- [ ] 1 small piece **ginger**, finely chopped
- [ ] a few **curry leaves**
- [ ] 110 g **green beans**, finely chopped
- [ ] 1 large **carrot**, finely chopped
- [ ] 1 large **tomato**, finely chopped
- [ ] 40 g cooked **peas**
- [ ] ½ tsp **turmeric powder**
- [ ] 1½ tsp **salt** (1 tsp with the vegetables, ½ tsp with the oats)
- [ ] 120 ml **water** (250 ml cup), added 60 ml at a time
- [ ] a few drops of **lemon juice** (optional)
- [ ] a few **roasted peanuts** (about 1 tbsp)
- [ ] a few **coriander leaves**, chopped

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Peanut, Mustard. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oil in a wide kadhai. Add the chana dal, urad dal, mustard seeds and cumin seeds, and when the mustard seeds crackle add the asafoetida. 0:37
2. Add the onion and green chillies, then the ginger and curry leaves. Sauté for about 30 seconds on medium-low. 1:00
3. Add the beans and carrot and cook for a few minutes, then the tomato and cooked peas. Stir in the turmeric and 1 tsp salt. 1:21
4. Tip in the rolled oats and mix well. Add the water 60 ml at a time, mixing as the oats cook, and season with another ½ tsp salt. 2:07
5. Turn the heat to low, cover and cook for 5 minutes. For a softer upma add another 60 ml water and steam 3–4 minutes more. 3:08
6. Finish with a few drops of lemon juice, the roasted peanuts and chopped coriander. Serve as is or with coconut chutney or sambar. 3:36

> **Tip** Use 1 tsp salt in total if you prefer it less salty. Any vegetables work here. Use rolled oats rather than instant so the upma is not mushy; it packs well for lunch boxes.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
401 kcal 1,680 kJ	13 g 26% of a day	62 g 49 g net · 9 g sugars 22% of a day

FIBRE	FAT	SODIUM
12 g 44% of a day	13 g 1.4 g saturated 16% of a day	1,200 mg 52% of a day

Energy from net carbs 54% · protein 14% · fat 32%

High in (20%+ of a day) Omega-3 45% · Vitamin K 36% · Selenium 35% · Vitamin C 34% · Magnesium 31% · Vitamin A 31% · Iron 28% · Zinc 28% · Folate 22% · Vitamin B6 22%

Source of (10–19%) Vitamin E 19% · Potassium 17%

⚠ One serve has about 52% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: HomeCookingShow (@HomeCookingShow) on YouTube — youtube.com/watch?v=LDFbvqzaE04, published 21 November 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/vegetable-oats-upma