

## Vegetable Ragi & Oats Uttapam

**Recipe Makes:** 4-5 serving

**Nutritional Value (per serving)**

**Calories:** 251 kcal      **Protein:** 7 g      **Carbohydrate:** 50 g      **Fat:** 2.7 g

### Ingredients

#### For Batter

- ½ cup White Urad Dal (Whole)
- 80 grams Rolled Oats or Instant Oats
- 1 cup Brown Rice
- ½ cup Ragi Seeds
- 1 teaspoon Methi Seeds (Fenugreek Seeds)

#### For Uttapam

- 1 cup Batter
- 1 Red Bell pepper (Capsicum), finely chopped
- 2 Carrots (Gajjar), grated
- 1 Tomato, finely chopped
- 1 Green Chilli, finely chopped
- Oil, as required

### Instructions

#### For Batter

1. Soak the urad dal with fenugreek seeds and oats in water separately.
2. Soak the brown rice and ragi in water separately. Soak them for 5 hours.
3. After soaking grind, them separately to make a thick batter in a mixer grinder. Place the batter in a large bowl and allow it to ferment for 8 hours.



### **For Uttapam**

1. Combine the topping ingredients like the carrots, capsicum, green chillies, tomatoes and keep aside.
2. Heat a dosa pan on medium high heat; season it with oil if you are using an iron skillet. Check if the skillet is hot, you will know when you sprinkle some water and it sizzles.
3. When hot, pour a ladle full of the Batter onto the skillet and just give it a slight swirl to spread it just a bit. It should be a like a thick pancake.
4. Sprinkle a generous amount of the topping over the Uttapam. Drizzle some oil around the Uttapam and cover if you have a lid, else you can let it cook in the open.
5. Once you notice the top is lightly steamed and the batter is not raw, press the filling down with a flat spatula. Then flip the Uttapam to cook on the other side.
6. Turn the heat to medium high, so the vegetables cook fast. After about 30 to 40 seconds flip again and the Uttapam will be ready to be served.