

## Daliya Upma

Makes - 4 cups

### Ingredients

- 1 1/2 cup Bulgar wheat
- 1 medium green chilli
- 1/2 cup peas
- 1/2 teaspoon mustard seeds
- 2 1/2 cup water
- 1/2 medium chopped onion
- 1/2 teaspoon grated ginger
- 1/4 cup diced carrot
- 1 1/2 teaspoon ghee

### Method

- Clean and wash the broken wheat thoroughly under running water. Drain the excess water and keep the broken wheat aside till further use.
- Add ghee in a pressure cooker and heat it over moderate flame for a minute. Add the mustard seeds and once they start to splutter, add onions, green chilli and ginger. Saute the ingredients till the onions turn slightly pinkish in hue.
- After few seconds, add broken wheat. Mix well and saute till it looks slightly cooked or the colour changes. Add green peas, carrots, salt and saute for 3- 4 minutes on medium-low flame. Add water in the mixture and pressure cook for 1 whistle. Once the vegetables and broken wheat is properly cooked, turn off the flame and transfer the Daliya Upma in a serving bowl.
- Serve