Breakfast, Indian

Soft Ragi and Oats Idli with Vegetables

Fluffy steamed idlis made with ragi flour, oats flour, rava and curd, studded with chopped mixed vegetables and a fragrant mustard seed tempering. Serve them hot with sambhar and coconut chutney.



Low fat

32 min	47	8.3 g	0.8 g
time	calories	carbs	sugars

Ingredients, 12 servings

- [ ] 1 cup ragi (nachni , red millet) flour
- [ ] 1/2 cup oats flour
- [ ] 4 tbsp rava (suji)
- [ ] 3/4 cup chopped mixed vegetables
- [ ] 1 tbsp finely chopped coriander (dhania)
- [ ] 3/4 cup dahi (curd)
- [ ] 1 tsp green chilli paste
- [ ] salt (namak) to taste, restricted salt for health
- [ ] 1 tsp fruit salt
- [ ] 1 tsp oil
- [ ] 1 tsp mustard seeds (rai / sarson)
- [ ] 1/2 tsp urad dal (safed urad dal)
- [ ] 1 tbsp chopped curry leaves (kadi patta)

Method

- [ ] 1 Heat the oil in a small pan, add the mustard seeds and urad dal, and once the seeds crackle, stir in the chopped curry leaves to make a tempering, then set it aside.
- [ ] 2 Combine the ragi flour, oats flour, rava, chopped mixed vegetables, finely chopped coriander, curd (dahi), green chilli paste and salt to taste in a deep bowl.
- [ ] 3 Add the prepared tempering along with 3/4 cup of water and mix well into a smooth batter.
- [ ] 4 Sprinkle in the fruit salt with 1 tbsp of water and mix gently.
- [ ] 5 Pour spoonfuls of the batter into greased idli moulds.
- [ ] 6 Steam in an idli steamer for 10 to 12 minutes or until the idlis are cooked through.
- [ ] 7 Repeat with the remaining batter to steam more idlis.
- [ ] 8 Serve the idlis hot with sambhar and coconut chutney.

Nutrition Facts

Per serving

Calories	47
Total fat	0.9 g
Saturated fat	Not listed
Sodium	4 mg
Total carbs	8.3 g
Fiber	1.2 g
Total sugars	0.8 g
Protein	1.5 g

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