



Semolina uttapam

Prep: 30 minutes • Cook: 15 minutes • Serves: 2



Ingredients

Semolina uttapam

120g coarse semolina (rava/suji)
75ml plain yoghurt
100-120ml water
2 tablespoons fresh coriander, finely chopped
2 teaspoons cumin powder
2.5cm piece of ginger (15g), finely grated
2 green chillies, finely chopped
½ onion, finely chopped
1 small green pepper, finely chopped
40g carrot, grated
½ small tomato (50g), finely chopped

Coriander and mint chutney

30g fresh coriander, chopped
2 tablespoons fresh mint leaves, chopped
2 green chillies
2 garlic cloves
1 teaspoon lime juice
1 teaspoon sugar
2-3 teaspoons water for grinding

Nutritional info

Low phosphate ✓
Low potassium ✓
Carbohydrate **58.5g**
Low protein ✓
Low salt ✓
Low fat ✓
Cost per portion (November 2023) **£1.90**
Energy in kcals **360**

- 1** In a large bowl mix the semolina and yoghurt. Add 100ml water and mix well. Rest mixture for 15 minutes to allow semolina to absorb some of the water.
- 2** Add the chopped coriander, cumin powder, grated ginger and finely chopped green chillies. Adjust consistency by adding another 1-2 tablespoon(s) of water if needed.
- 3** In a separate bowl, prepare the vegetable topping by mixing the finely chopped onion, green pepper, tomato and grated carrot.
- 4** Put a pan onto a medium heat. Spread a drop of oil in the pan to avoid the uttapam sticking. Pour a big tablespoon of the semolina mixture in the pan. Add the vegetable toppings and press gently. Spread ¼ teaspoon oil around the uttapam. You can make 4-5 small uttapams at the same time, depending on the pan's size. Cover and cook for a minute or until the base is cooked well. Flip over and cook the other side.
- 5** Grind chutney ingredients to a smooth paste in a blender. Add only 1-2 teaspoons water to avoid making the chutney too thin.
- 6** Serve uttapams warm, with the fresh chutney.