

# Recipe- Idly Fry

## Idly Fry

### Ingredients

Mini [Idlis](#) 1 medium bowl  
Tomato 1 small (Roughly chopped)  
Carrot 1 small (Sliced in thin strips)  
Capsicum 1 small (Sliced in thin strips)  
Salt 1 tsp (or according to taste)  
Turmeric Powder 1 tsp  
Red chili Powder 1 tsp  
Mustard Seeds 1 tsp  
Sambhar Masala 1 tsp  
Ghee

### Method

Take 1 tbsp ghee in a non stick pan and heat on medium flame. When ghee is hot enough add 1 tsp Mustard seeds and let it cracker.

Add tomato and fry until soft.

Add turmeric powder and red chili powder mix well.

Add all other vegetables with 0.5 tsp salt, fry for few seconds.

Cover the pan and reduced the flame to low, check after 4-5 minutes.

When vegetables are soft, raise the flame to high and add Mini idlis.

Toss well on high flame when idlis starts change in color, switch off the flame and sprinkle sambhar masala powder.

Serve hot with chutney.

### Tips

Jains or others who don't eat root vegetables, can cook this

recipe without carrot.

You can use yellow or red capsicum as well to make the dish more colorful.

Best for tiffin as well.

Make sure to adjust chilli if you are serving to kids.

**“Be Vegetarian be Happy”**

**“Live and Let Live”**

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# Recipe- Vermicelli Poha

## Vermicelli Poha



Vermicelli 1 cup

Onion 1 small (Sliced in thin strips)

Carrot 1 small (Sliced in thin strips)

Capsicum 1 small (Sliced in thin strips)

Salt 1 tsp (or according to taste)

Turmeric Powder 1 tsp

Red chili Powder 1 tsp

Mustard Seeds 1 tsp

Ajwain/ Carom seeds 0.5 tsp

### Method

- First dry roast vermicelli in a non stick pan untill golden brown.
- Meanwhile take 3 cups of water in a pan and bring it to boil.
- When done add roasted vermicelli to the boiling water with 1 tsp of salt and 1 tsp oil.
- Cover half the pan and leave it around 4-5 minutes on medium flame.

- When vermicelli is boiled strain and wash with cold water. Keep aside.
- Now take olive oil in a non stick pan and heat on medium flame.
- When oil is hot enough add Mustard seeds and ajwain and let it cracker.
- Add Onion and fry till change in color.
- Add Turmeric powder, Red chili powder and all other vegetables with pinch of salt.
- Fry for few seconds, cover the pan and reduced the flame to low .
- Check after 4-5 minutes when vegetables are soft mix vermicelli and toss well on high flame.
- Now cover the pan and leave it on low flame for 1-2 minute.
- Serve hot.

### **Tips**

You can use yellow or red capsicum as well to make the dish more colorful.

according to your child taste and tolerance.