

Noodles with Vegetables

Shevaya Upma



- 1 cup vermicelli – roasted to brownish pink colour
- 2 cups water
- 2 tsp oil
- 1/2 tsp mustard seeds
- 1/2 tsp cumin seeds
- ¼ tsp turmeric
- 2 pinch asafoetida
- 8-10 curry leaves
- 1 tsp grated ginger
- 2 cup vegetables - chopped and par boiled, such as potato, carrot and pumpkin
- 2 tomatoes – chopped
- 1 cucumber – chopped
- Sugar and salt to taste
- Fresh coriander leaves chopped
- Fresh coconut if available

1. Heat some oil then add mustard seeds.
2. When the mustard seeds pop add cumin seeds, crushed ginger and curry leaves. Fry for 30 seconds.
3. Add cooked vegetables, chopped tomato and cucumber. Fry for a few minutes.
4. Add the water and a little sugar and salt. When the water boils add broken, one inch pieces of vermicelli. Cook for 15 minutes, covered, until the noodles are soft and the water has evaporated.
5. Add chopped coriander leaves and coconut.