

# Matta Rice Flakes Upma / Sivappu Arisi Aval Upma



*Matta rice is an indigenous rice grown in palakad district of Kerala. Matta rice flakes are typically used in Kerala cuisine. Healthy alternative to white rice flakes, having a high nutritional contents. This is a healthy breakfast recipe for kids and adults.*

## **Ingredients**

- 1 Cup of Matta Rice Flakes**
- 1/2 Cup of Finely Chopped Onion**
- 2 Tbsp of Grated Coconut**
- Few Curry Leaves**
- 2 Red Chillies or Green Chillies**
- 2 Tbsp of Roasted Peanuts**
- Pinch of Asafoetida**

**1 Tsp of Mustard**  
**1 Tsp of Urad Dal**  
**Oil and salt as needed**

### **Method**



- **Soak matta rice flakes in water for 3 mins.**
- **Heat a pan with oil, add red chillies, let it turn brown. To oil, add mustard, urad dal, asafoetida, curry leaves, onions (add one by one) fry for a 1-2 mins.**
- **Add roasted peanuts and fry for a min.**
- **In a medium flame, add soaked matta rice flakes, salt and fry for 1-2 mins.**
- **Finally add grated coconut, mix well and switch off the stove.**
- **Serve immediately with onion raita.**

### **Tips**

- **Don't over soak the rice flakes, it will turn soggy while cooking.**
- **Adding peanuts are optional.**
- **You can follow the same recipe with white rice flakes.**
- **Soaking time for white flakes is 2 mins.**
- **You can add any vegetables of your choice.**

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### Health Benefits of Matta Rice Flakes

- Matta rice flakes are very good for the people with heart disease, diabetes and weight loss.
- Low in cholesterol, high in fiber, vitamins and minerals.