

## Recipe of Poha

Serves: 2-3

Ingredients:

- Thick Brown rice *Poha* (Flattened brown rice, found in Asian stores) : 1 Cup. Wash with 2-3 changes of water and Soak in water for 5 mins. Transfer to a soup strainer to strain the poha and let it rest in the soup strainer.
- Potatoes: 1 Cup, small diced. I used 1 medium sized red potato
- Carrot: 1/2 Cup of finely chopped carrots (I used 1 carrot and chopped it fine using a chopper)
- Frozen peas: 1/2 Cup. Cover the peas with enough water. Add a pinch of salt and microwave for 2 mins. Strain & keep aside.
- Onion: 1 Cup, finely chopped
- Ginger: 1 Tbsp, finely chopped
- Oil: 1 Tbsp (I used avocado oil. You can use grapeseed oil or your regular cooking oil).
- Mustard seeds: 2 tsp
- Cumin seeds: 1 tsp
- Curry leaves: 10-15
- Asafetida: Generous pinch or two (if you like more)
- Indian or Thai green chillies: 3, chopped roughly
- Sugar: 1 tsp
- Turmeric Powder: 1/2 tsp
- Ghee: 1 tsp (optional)
- Salt: to taste
- Pepper: 1/2 tsp
- Lime: a couple of wedges
- Cilantro (Coriander leaves): 1/4 cup, roughly chopped
- Roasted peanuts (the asian variety which is smaller in size): Lightly crushed.

Method:

1. Heat a medium sized wok or heavy bottom pan. Add oil. Once the oil is hot, add the mustard seeds and wait for them to crackle. Once they start crackling, reduce heat and the add cumin seeds making sure they do not burn and let it cook for about 30 seconds.
2. Next add the onion, ginger, asafetida, green chillies and sugar. Continue to cook this on medium-low heat until the onions have turned soft and translucent (about 3-4 mins).
3. At this point, add the small diced Potatoes along with some salt. Cover and cook them for 4-5 mins on medium-low heat. Add the peas and cook for another 3-4 mins until the peas and potatoes are cooked through.
4. Add the finely chopped carrots, turmeric and freshly ground black pepper powder and cook for a few more mins until the carrots are not raw any longer. The carrots are so finely chopped that this should not take more than 2-3 mins on medium heat.
5. Add the poha, some more salt (taste and adjust according to your preference) and add about 2-3 tbsp of water sprinkled all over. This is an important step to keep the poha

moist without making it mushy. Mix well, cover and simmer for a few mins until the flavors have married together. Once the poha, vegetables and spices seem to have come together, turn off the heat. Do not overcook as the poha will become dry.

6. With the heat turned off, add the ghee and freshly chopped cilantro. Mix well.
7. To plate the poha, serve it with a squeeze of lime topped with some crushed peanuts and some more cilantro if you like!