

PROTEIN POHA

INGREDIENTS

- 60gm – Poha rice
- 30 gm sprouts or paneer
- 2 diced green chilli
- 2 spoons of peanuts
- 1/2 cup of chopped tomatoes
- 1 spoon – mustard seeds
- 1/4 teaspoon – turmeric powder
- 1/2 teaspoon – red chilli powder
- 2 tablespoons – cabbage, capsicum and peas (other vegetables of your choice)
- Curry leaves
- 1 tsp – cooking oil
- Salt as per preference
- Garnish with coriander

STEPS

Step 1: If you're using sprouts, boil sprouts until they become soft.

Step 2: In a bowl, add half a cup of water and the poha and set aside. Use cold water to rinse if you want it out of the water immediately.

Step 3: Put a pan on the stove, add the oil and roast some peanuts in it. Once they have cooked, take them out to add later on.

Step 4: After removing the peanuts, add mustard seeds to the oil and cook till a crackling or popping noise begins. At that point, add chillies and curry leaves.

Step 5: Add all the vegetables except the tomatoes and cook till they are soft, saute for more even cooking. Add salt along with chilli powder and turmeric.

Step 6: Add tomatoes and cook for 2 – 3 minutes after mixing well with the rest of the ingredients. Add a little water and wait for the tomatoes to become squishy.

Step 7: Add sprouts or paneer as per your choice and mix until well coated with the

mixture.

Step 8: Now add the poha. Keep low heat and mix while you cook for around 3 – 5 minutes, after which you can add the peanuts and coriander.

Step 9: Turn off the flame and let it rest.

Step 10: Enjoy your vegetable protein poha!