



Power Poha (OP I)

Serving: 1

Veg

Ingredients

- 2 tbsp poha
- 3 tbsp boiled matki/ math/ moong/ chickpeas
- 3 tbsp finely chopped onion
- 1 tsp finely chopped green chillies
- 2 tbsp finely chopped tomato
- 2 tbsp chopped capsicum (optional)
- 1 tsp lemon juice
- 1 tsp oil
- A pinch of turmeric powder
- Pinch of coriander powder
- Salt to taste
- 1 tsp chopped coriander for the garnish

Preparation Method

- 1. Soak the poha in enough water and keep aside for some time till poha soaks all the water. Add salt and turmeric powder. Keep aside.
- 2. Heat the oil in a non-stick pan. Add the onion and green chilli and saute till the onion turns translucent. Add the tomato and capsicum and cook for a further 2 minutes.
- 3. Add the boiled matki/ moong and mix well. Remove from fire and add prepared poha.
- 4. Add lemon juice and coriander and serve hot.