



Vegetable Poha

Serving: 1

Veg

Ingredients

- Serves 1
- 2 tbsp thick poha
- $\frac{1}{2}$ tsp turmeric powder
- Salt to taste
- For the vegetables
- 3 tbsp grated carrot
- 3 tbsp chopped onions
- 2 tbsp capsicum
- 1 tsp finely chopped coriander leaves and lemon wedges for the garnish
- **For the tempering**
- 1 tsp oil
- $\frac{1}{4}$ tsp mustard seeds
- A pinch of hing
- 1 green chilli, finely chopped
- 6-8 curry leaves
- 1 tsp chana dal
- 1 tsp peanuts

Preparation Method

- 1. Add 3 tbsp water and soak the poha in it. Once the poha has soaked all the water, add turmeric powder, sugar and salt.
- 2. Heat the oil in a non-stick pan over a medium flame, add the mustard seeds, once the seeds splutter and add hing, curry leaves, urad dal, chana dal and peanuts, cook on slow flame till dals turn lightly brown in color.
- 3. Add onions, carrots and capsicum and cook on medium flame for 3-4 minutes.
- 4. Add the prepared soaked poha mixture and mix well, (sprinkle some water if felt the poha are a bit dry). Mix well, cover and cook on medium flame for 2 minutes.
- 5. Add lemon juice and coriander leaves on top and serve hot.