**Vegetable Poha**

Prep time: 10 min Cook time: 15 min

**Ingredients:**

* 2 cups poha (flattened rice)
* 1 cup mixed vegetables (chopped carrot, beans, bell peppers)
* ¼ cup green peas (fresh or frozen)
* ½ cup onions (chopped)
* 1 tsp mustard seeds
* ½ tsp cumin seeds
* 1 tbsp olive oil
* 8-10 curry leaves
* ½ inch ginger (grated)
* 1 green chili (sliced)
* ¼ tsp haldi (turmeric powder)
* 3 tsp lemon juice
* 2 tbsp coriander leaves (chopped)
* 2 tbsp peanuts (roasted)

**Instructions:**

**Prepare the Poha**

1. Place poha in a large mesh strainer and rinse under running water for a few seconds.
2. Let it sit for a few minutes to soften while excess water drains.

**Cook the Vegetables**

1. Heat 1 tbsp olive oil in a pan over medium-low heat.
2. Add mustard seeds and cumin seeds. Let them crackle.
3. Add grated ginger, sliced green chili, and curry leaves. Sauté for 30 seconds.
4. Add chopped onions and turmeric powder. Sauté until onions turn soft.
5. Add chopped vegetables and green peas. Stir well.
6. Sprinkle a little water, cover with a lid, and cook for 5 minutes or until the veggies are soft.

**Add Poha**

1. Add the softened poha and roasted peanuts to the pan.
2. Mix gently and cook for 5 minutes on low heat, stirring occasionally.

**Finish and Serve**

1. Turn off the heat. Add lemon juice and chopped coriander leaves.
2. Mix well and serve hot!