Pan of Bliss

Let's cook it real slow!

Healthy Red Poha With Green Peas

https://panofbliss.com/healthy-red-poha-with-green-peas/

Prep Time 15 minutes minsCook Time 15 minutes minsTotal Time 30 minutes

Ingredients

- 3 cups Red rice poha
- 1 no. Onion (big)
- 1 no. Potato (chopped into small pieces)
- 1 cup Fresh green peas
- 4 nos. Green chillies (chopped)
- 2 tbsp Coriander leaves (finely chopped)
- 1 tbsp Lemon juice (optional)
- 1 tbsp Freshly grated coconut
- 1 tsp Turmeric powder
- 3 tsp Oil
- 1 tsp Mustard seeds
- 10 nos. Curry leaves (or a sprig)
- ¼ tsp Asafoetida
- 1 tsp Salt (or as per taste)

Instructions

1. Prep the pohaStart by rinsing the poha in a sieve under cold water. Drain thorougly and set it aside.
2. Saute the aromaticsIn a heavy bottomed pan or kadai, heat 3-4 tbsps of oil. Once the oil is hot, add mustard seeds and let them crackle.Next, toss in the chopped green chillies and curry leaves for a fragrant kick.
3. Onion and potato Add the chopped onion to the pan, stirring until they turn translucent. Then, add the diced potatoes and stir to combine. Allow this mixture

to cook for about 5 minutes.

4. After the potatoes have softened, add the green peas and a pinch of salt.Cover the pan and let everything steam together for another 5 minutes.
5. Spice it up!Once the vegetables are nicely cooked, sprinkle in turmeric powder and a pinch of asafoetida, mixing everything well to infuse those warm earthy flavours.
6. The star ingredientCarefully fold the washed poha into the pan, then season with a teaspoon of salt. Use a ladle to gently combine all the ingredients , making sure not to break the poha. Taste and adjust the salt if needed.Cook on low flame for 5 minutes, allowing the flavours to blend beautifully.
7. Finishing touchIf you like, top your poha with freshly grated coconut. Then garnish with a sprinkle of chopped coriander leaves and switch off the flame.
8. Serve with a twist!Drizzle some fresh lemon juice over the poha for a zesty kick and serve hot!

Notes

Notes & Facts If you like peanuts you can garnish the poha with roasted peanuts. If you don't have vegetables you can make poha with only onions which is popularly called Kanda poha in Maharashtra, India. Poha is easily digestible and low in calories. To soften poha further you can sprinkle warm water over it while cooking. Poha can also be eaten as a midday snack. It is high in dietary fibre, which keeps you full and prevents you from snacking on other unhealthy foods.