



# Poha with Peas and Nuts

Prep time: 5 min  
Cooking time: 10 min  
Serves: 4

## Ingredients:

Thick Poha (flatten Rice)- 2 cups  
Peas-1cup  
Raw Peanuts -1/4 cup  
Raw cashews- 2 tbsp  
Golden raisins-1tbsp  
Coriander powder-1tsp  
Turmeric-1/2 tsp  
Dry mango powder-1/2 tsp  
Lime juice-1/2 tsp  
Mustard seeds-1tsp  
Cumin seeds-1/2tsp  
Green chilli-1 (optional)-chopped  
Red chilli powder-1/8 tsp or optional  
Green coriander 1tbs-For garnishing (chopped)  
Oil-Canola or your choice-2tbs  
Ghee-1 tsp  
Asafetida-a pinch

## Cooking method:

1. Wash thick poha in a strainer and keep it aside
2. Take a shallow frying pan and put it on stove
3. When pan is hot, put oil in it
4. Put mustard seeds, cumin seeds and Asafetida when oil is kind of hot
5. When these seeds starts cracking put raw peanuts, cashews and raisins and stir them till they turn light brown
6. Now you can put peas, stir for little bit and put all the spices(Coriander powder, Turmeric powder, mango powder, red chilli powder) and mix them well
7. When you see peas nuts and spices are all mixed nicely, then put washed and drained Poha in it and mix well
8. After mixing them well, you can cover the pan put the heat on low
9. Take the lid of in 2 to 3 min to add lime juice and ghee and mix well
10. Garnish with cut green coriander leaves and serve with any kind of chutney or pickle.

## TIPS

1. For this recipe buy thick Poha
2. Wash Poha before you have gathered all the ingredients and ready to cook
3. Wash Poha in a strainer so all the water can be drained.
4. With peas you can use other veggies too such as carrots, cauliflower, potatoes etc.
5. It's a breakfast dish but can be eaten any other time too.
6. It's fast and ready to be served in no time.