

Poha Breakfast Bowl Recipe with Sprouts & Crunchy Peanuts

Recipe Makes: 2 servings

Nutritional Value (per serving)

Calories: 218 kcal **Protein:** 7.2 g **Carbohydrate:** 18.5 g **Fat:** 14 g

Ingredients

For Poha

½ cup Poha (Flattened Rice)
Salt, to taste
1 teaspoon Lemon Juice
1 teaspoon Oil
¼ teaspoon Mustard Seeds (Rai)
1 Green Chilli, slit
Curry leaves, few
¼ cup Potato (Aloo), finely chopped
¼ cup Onion, finely chopped
½ teaspoon Turmeric Powder (Haldi)
Coriander (Dhania) Leaves, to garnish

For Spicy Peanuts

¼ cup Raw Peanuts
½ teaspoon Oil
Salt, to taste
Black Pepper Powder, to taste
¼ tablespoon Chaat Masala Powder
¼ tablespoon Red Chilli Powder
¼ tablespoon Cumin (Jeera) Powder

For Sprout Salad

½ cup Green Moong Sprouts
¼ cup Onion, finely chopped
¼ cup Tomato, finely chopped
Salt, to taste
Black Pepper Powder, to taste

For Coconut Chutney

½ cup Fresh Coconut, diced
Salt, to taste
1 Green Chilli
½ teaspoon Lemon Juice



Instructions

1. To begin making the recipe, wash the poha two to three times and drain water.
2. Now mix salt, lemon juice and sugar with a fork and keep aside.
3. In a deep pan, add oil and once the oil is hot, add mustard seeds, curry leaves. Once it crackles, add onion and sauté for a minute on low heat.
4. Now add the diced potatoes, salt (only as per the potatoes because salt in the poha has already been added) and turmeric powder. Cover and cook until the potatoes are cooked.
5. Now add poha and mix through. Cover and let it cook for another minute or so. If you find that the poha has become very dry and is still thick, sprinkle some water, cover and cook for a minute. Keep aside.
6. For spicy peanuts, heat oil in a small kadai and add peanuts. Let them roast on low heat until slightly browned.
7. Add salt, red chili powder, chaat masala, black pepper powder, cumin powder. Mix well and switch off the flame.
8. For sprouts salad, in a mixing bowl, mix sprouts, tomatoes, onion, lemon juice, salt, black pepper and mix well.
9. For coconut chutney, grind together coconut, green chilies, salt, lemon juice, sugar with very little water until a smooth paste is formed.
10. To assemble, take a bowl and place hot poha, spicy peanuts, sprouts salad, carrot roll ups some fresh coriander, with a heapful of coconut chutney and serve.