

Brown Rice Poha

INGREDIENTS

- 1 cup 100% Organic Brown Rice Flakes
- 2 Onions, finely chopped
- 2 green chilies, chopped
- 1 sprig of Curry leaves
- 2 tbsp of Peanuts
- 2 tbsp of Oil
- 1/4 tsp Mustard seeds
- 1/4 tsp Cumin seeds
- 1/4 tsp Turmeric Powder
- 1 tbsp scraped dry Coconut for garnishing
- 2-3 tbsp of Pomegranate seeds for garnishing
- 1 tbsp of Coriander leaves, finely chopped
- 1 tbsp fresh Lemon juice
- Salt to taste

METHOD

1. Soak the brown rice flakes in water with a pinch of salt for 1 minute. Drain and soak the flakes in a cup of clean water for 10 minutes.
2. Once the flakes soak up the water, they'll become soft. Sprinkle salt and sugar on the soaked flakes and mix well. Keep aside.
3. Heat oil in a fry pan. Add mustard seeds and when they splutter, add the cumin seeds followed by the curry leaves and green chilies. Add peanuts and fry.

4. Now add the onions and turmeric powder. Fry the onions until they turn golden brown.
 5. Add the soaked, seasoned flakes and stir fry for 1-2 minutes. Make sure everything is mixed together.
 6. Cover the pan and let the Poha cook on steam for another 1 minute on a low flame. Turn off the flame and squeeze the juice of a lemon all over the Poha. Garnish as per your taste.
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