**Poha**

***(flattened rice)***

**Ingredients**

***Protein and Carb***

¾ cup raw peanuts

3 tbs. oil (sesame or your preferred choice)

2 tbs. split black lentils

¼ cup split chickpeas

1 ¼ cup water (or more depending on preferred lentil texture)

Pinch of salt

3 cups rice flakes

***Vegetables***

1/3 cup chopped onion (1 small onion)

¾ cup frozen peas

½ cup chopped potatoes (1 potato)

1 cup broccoli

¾ cup chopped tomato

1 ¾ cup cauliflower

***Seasonings/herbs***

1 handful curry leaves

½ tbs. mustard seeds

4-5 dried red peppers

1 tsp. black pepper

½ tsp. red pepper flakes (optional for heat)

½ tsp. turmeric

***Toppings/garnish***

1 handful gooseberries

2 stalks chopped green onion

**Instructions**

1. Rinse the lentils and chickpeas then drain the water. Add 1 ¼ cup of water, pinch of salt and legumes to a pot, stir, and cook for 5 minutes. Keep checking the legumes every 5 mins and give them a stir. Cook to desired consistency. Approximately 15-20 mins total.
2. To a different pot, add oil and peanuts and heat at medium-high. Stir constantly until you can smell the peanuts begin to roast.
3. Take out the peanuts and set them aside. Leave the remaining oil in the pot, and add mustard seeds, curry leaves, and dried peppers. Stir. Once you notice the sizzle begin to subside, move to the next step.
4. Add the onion and potatoes to the mixture and stir. Once edges of potatoes start to brown, move to the next step.
5. Add the cauliflower and stir. Once al dente, add the peas, stir, and cook for 1 minute.
6. Add broccoli, tomatoes, and seasonings, then stir.
7. While everything is cooking, rinse the rice flakes until the water drains clear.
8. Once everything is at desired texture, add the legumes to the seasoning mixture, add the rice flakes, and the peanuts, and stir.
9. Turn off the heat.
10. Add green onion and gooseberries and stir.
11. Serve with chutney or yoghurt.

2 cups = meal size

1 cup = snack or side size. Add veggies or salad to make a full meal.