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Poha | The Quintessential Indian Breakfast

Yield: 4 min
Total Time: 30 min

Recipe from: https://www.recipeschoose.com/recipes/carrot-coconut-indian-recipe

Ingredients:

- 2 cups poha thick
- 2 tablespoons oil
- 1 teaspoon mustard seeds
- 1 teaspoon cumin seeds
- 1/2 teaspoon ground turmeric
- 8 curry leaves fresh or air dried
- 2 green chilies sliced lengthwise
- 1 large yellow onion diced finely
- 1 yellow potato or medium red, peeled and diced small
- 2 teaspoons kosher salt
- 1 1/2 teaspoons sugar optional but recommended
- 1/2 lemon
- 1/2 cup cilantro finely chopped
- 1/4 cup coconut grated fresh, frozen works well
- 1/4 cup sev or bhujia
- 1/2 cup peanuts
- 1/2 cup green peas
- 1/2 cup corn
- 1/2 cup carrot diced

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 33 grams
3. Fat: 18 grams
4. Fiber: 9 grams
5. Protein: 10 grams
6. SaturatedFat: 3.5 grams

7. Sodium: 1230 milligrams
8. Sugar: 12 grams

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