



## Protein Poha

Tell the story of the recipe...

### Ingredients

How many servings?

- 1/2 boiled chickpeas
- 2 medium size Tomatoes chopped
- 1 cup Beaten rice/Poha
- 1 green chilly
- leaves Curry
- leaves Coriander
- Mustard seeds
- Salt

### Steps

How long to cook?

- 1 In a wok, heat 2tsp oil. Now add curry leaves, mustard seeds, chopped or slit green chilly and saute. Once seeds start to crackle, add 1/2 tsp turmeric powder. Now add chopped tomatoes, pinch of salt and cover with lid for 3-4mins to
- 2 Now, added boiled chickpeas, mix well and again cover with lid for 2 mins. (When boiling chickpeas, add salt to taste)
- 3 Soak and rinse beaten rice. Add pinch of salt and turmeric powder.
- 4 Now add beaten rice to wok and squeeze a lemon (1tbsp juice) and mix well.

- 5 Garnish with chopped coriander leaves and bhujia (I used haldiram's bhujia) and serve as breakfast. Since this is protein rich diet, its best to have in morning :)