

# Poha

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A note regarding rice flakes and rolled rice. There can be a little confusion as some of the rice flakes in Australia are labelled as rice flakes and they are actually rolled rice. You can use either rolled rice or rice flakes for this recipe. The difference is rice flakes are flat and quite soft. Rolled rice is hard and not so flat.

## Ingredients

1 cup medium rice flakes (or rolled rice)  
1 tsp cumin seeds  
2 tbsp peanuts  
2 tsp freshly grated ginger  
½ tsp turmeric powder  
10 curry leaves  
1 cup fresh peas or green beans thinly sliced  
Salt to taste  
1 chilli (optional)  
1 potato brunoise  
Unrefined sunflower oil or avocado oil  
1 cup coriander leaves  
Big squeeze of lemon juice

## Method

1. Rinse the rice flakes in filtered water and let strain (if using rolled rice bring a saucepan of filtered water to the boil then add the rolled rice and cook for 5 minutes or until it's tender).
2. Fry the potato in as little oil as you can get away with and sprinkle on salt.
3. When the potato is almost cooked add the fresh ginger, some salt, cumin, curry leaves, turmeric and nuts.
4. Cook for a further two minutes. Steam the peas or beans. Stir the rice flakes or rolled rice in with the potatoes until cooked through.
5. Add the steamed beans and garnish with the coriander. Squeeze on the lemon juice and taste for salt.

I was given the recipe to follow from a good friend Agar who got it from one of her friends in Pune. On a recent visit to Pune I found out that the friend who gave Agar the recipe is also a beautiful Indian woman who I have known for twenty-two years so I loved how this recipe originally came from her. Thanks Sereka.

