KitchenBooQ

Aloo Poha (Potato Poha)

Serves: 4 | Cooking Time 35 minutes | Level: Easy



INGREDIENTS

2 cups (85 g) thick-flake flattened rice (poha)
1 large potato (6 oz / 170 g), peeled and diced into 1/4-inch cubes
1 medium onion (5 oz / 140 g), finely chopped
1/2 cup (50 g) raw peanuts
1 tbsp (8 g) mustard seeds
1 tsp (3 g) cumin seeds
1/2 tsp (1 g) ground turmeric
2 green chilies, finely chopped
1-inch piece fresh ginger, minced
10 fresh curry leaves
2 tbsp (30 ml) neutral cooking oil
1/2 tsp (3 g) salt
2 tbsp (30 ml) fresh lemon juice
1 tsp (4 g) granulated sugar
1/4 cup (5 g) chopped fresh cilantro

Notes
For best texture, use thick-flake poha; thin poha will turn mushy. If unavailable, chana dal can replace peanuts for a different crunch. Store cooled leftovers in an airtight container in the refrigerator for up to 3 days; reheat on the stovetop with a splash of water to restore moisture. This dish is naturally vegan and gluten-free.

PREPARATION

1. Place the flattened rice in a colander and rinse under cool running water until it feels soft to the touch but still holds its shape. Let it drain thoroughly for about 5 minutes; this step prevents mushy poha.

2. Prepare all ingredients by dicing the potato, chopping the onion, mincing the ginger, and keeping the spices, peanuts, curry leaves, lemon juice, sugar, salt, oil, and cilantro within reach.

3. Heat a large skillet or kadhai over medium heat. Add the cooking oil and once it shimmers, add the mustard seeds. Cook until they begin to pop, then immediately add the cumin seeds and curry leaves. Stir for 15 seconds until fragrant.

4. Add the diced onion and raw peanuts to the pan. Sauté for 3 minutes until the onions turn translucent and the peanuts are lightly golden and crisp.

5. Stir in the green chilies, minced ginger, and ground turmeric. Cook for another minute until the raw smell of turmeric disappears and the mixture is evenly coated.

6. Gently fold in the drained flattened rice and salt. Use a spatula to mix carefully, breaking up any clumps without mashing the grains. Cook uncovered for 3 to 4 minutes, stirring occasionally, until the poha is tender but still distinct.

7. Remove the skillet from heat. Drizzle with fresh lemon juice and sprinkle sugar over the top. Toss gently one final time to distribute the tangy-sweet flavor evenly throughout the dish.

8. Transfer to a serving bowl, garnish generously with chopped cilantro, and serve immediately while warm.