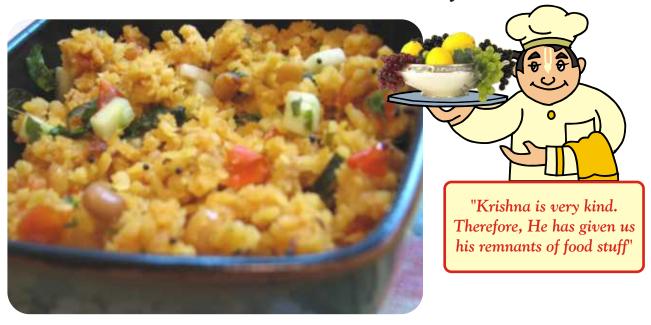
## Flattened Rice Pilaf

by Anand Lila devi dasi



## Ingredients

Flattened rice, thick type (poha)	2 C
Yogurt	1 C
Ghee/oil	2 Tbsp
Black mustard seeds	1 Tsp
Cumin seeds	1 Tsp
Yellow asafetida powder	½ Tsp
Chana dal	2 Tsp
Urad dal	1 Tsp
Peanuts	¹⁄₂ C
Coconut grated	1∕₄ C
Fresh curry leaves	8-10
Ginger finely grated	1 Tbsp
Green chilies	2
Tomatoes chopped	3 big
Turmeric powder	½ Tsp
Sambar powder	1 Tsp
Salt	1 ½ Tsp
Chopped fresh coriander leaves	2 Tbsp
Cucumber peeled and	
Diced into 1cm cubes	1/2

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## Preparation:

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- 1) Wash the flat rice in water and drain. Combine it with the yogurt and keep aside for 10-15 minutes.
- 2) Heat the ghee/oil in a pan over moderate heat, Add mustard seeds and when they crackle and pop, drop in the cumin, stir until they darken a few shades.
- 3) Now add asafetida, chana dal, urad dal and peanuts and fry them until golden. Add coconut, curry leaves, ginger, chilies and sauté for a while. Add the tomatoes and stirring often; cook until the tomatoes turn pulpy. Add the turmeric, sambar powder, salt and cook for another 2-3 minutes. Stir in the flat rice, gently toss, cover and cook over low heat for 10 minutes. Garnish with coriander leaves and cucumber.

Serves: Four-Five

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