INDIAN · BREAKFAST

Keto Poha with Cauliflower, Peanuts and Curry Leaves

20 min · Serves 2 · 231 kcal a serve · Video 7:03 · HK's Keto & Low Carb Recipes

Vegetarian · Gluten-free ingredients

Cauliflower stands in for the flattened rice, so a serve has 9 g net carbs and 5 g fibre, and it is rich in vitamin C, folate and vitamin K.

Diet notes: Keto (9 g net carbs a serve).

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Ingredients 12 · SERVES 2

- [ ] 300 g **cauliflower** (florets riced, stalks cubed)
- [ ] 20 g **peanuts**
- [ ] 1 tbsp **olive oil**
- [ ] 1 tbsp **butter** (or use ghee)
- [ ] 1 tsp **mustard seeds**
- [ ] 8 **curry leaves**
- [ ] 60 g **red onion**, diced
- [ ] 1 tsp **turmeric**
- [ ] 1 **green chilli**, deseeded and chopped
- [ ] **salt**, to taste
- [ ] **fresh coriander**, to garnish
- [ ] a big squeeze of **lime juice**

Contains: Milk, Peanut. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Separate the cauliflower florets from the stalks and wash well. Rice the florets in a food processor (grater attachment) and cut the stalks into small cubes like potato. 0:55
2. Boil the stalk cubes in salted water for 5–10 minutes until tender, then lift them out. 1:44
3. Dry-roast the peanuts in a frying pan until golden and set aside. In the same pan heat the olive oil and butter. 2:05
4. Add the mustard seeds; when they pop, add the curry leaves and onion with a pinch of salt. Stir in the turmeric, then the roasted peanuts and green chilli, and cook the spices for about a minute. 2:39
5. Add the riced cauliflower, season with salt, add a splash of water, cover and cook 5–10 minutes until tender. 3:41
6. Stir in the boiled stalk cubes and finish with fresh coriander and a big squeeze of lime juice. 4:15

> **Tip** The cook's written recipe uses 30 g peanuts; the video uses 20 g. Halve the onion to trim the carbs further. Vegan if you use oil instead of butter.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
231 kcal	6.4 g	14 g	5 g	18 g	440 mg
960 kJ	13% of a day	9 g net · 5 g sugars	18% of a day	5.4 g saturated	19% of a day
		5% of a day		24% of a day	

Energy from net carbs 16% · protein 11% · fat 73% — fits keto: 9 g net carbs, 73% of the energy from fat

High in (20%+ of a day) Vitamin C 89% · Vitamin K 30% · Folate 30% · Vitamin B6 22%

Source of (10–19%) Vitamin E 16% · Potassium 13% · Magnesium 12% · Omega-3 12% · Iron 11%

Recipe and video: HK's Keto & Low Carb Recipes (@HKKetoRecipes) on YouTube — youtube.com/watch?v=mNZnvkwks8M, published 21 February 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-cauliflower-poha