

# Milagu Aval Recipe | Pepper Poha



Aval / Flattened Rice is a dehusked rice which is flattened into flat light dry flakes. They are easily digestible. Milagu aval recipe / pepper poha recipe is one of our favourite breakfast dish and I often make this for busy weekday breakfast. This milagu aval recipe is very easy which you can prepare in 10 mins with minimum ingredients and it tasted almost like ven pongal and very flavourful because of addition of pepper and cumin powder. You can also make this pepper

poha for kids for after school snack as it is very nutritious and healthy. Try this no onion no garlic upma and enjoy it with a cup of coffee. Let us learn how to make milagu aval recipe.

## **Ingredients for milagu aval recipe**

- 1.5 Cup of Aval / Poha / Rice Flakes
- 1/2 Tsp of Grated Ginger
- 3/4 Tsp of Black Pepper Powder
- 3/4 Tsp of Cumin Powder
- Salt to taste

### **To Temper**

- 1.5 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- 1 Tsp of Chana Dal
- Pinch of Hing
- 1 Sprig of Curry Leaves
- Roasted Peanuts and Cashew Nuts as Needed

## **Method to make milaku aval recipe**

- Soak the aval in water for 2 mins. Drain the water and keep it aside.
- Heat a pan with oil, add mustard seeds, urad dal, chana dal, hing and curry leaves, after it splutters, add ginger, peanuts and cashew nuts, fry for a min. In a medium low flame, add aval (poha), fry for a min, add pepper powder, cumin powder and salt, fry this for a 1-2 mins and turn off the flame.

### **Tips**

- You can make it more spicy by adding red chillies and

green chilies.

- Use thick poha instead of thin poha.
- Skip the nuts, if you don't want.
- You can also use red rice flakes in place of white rice flakes.



Tags : [aval](#), [avalrecipe](#), [milaguaval](#), [milagu aval recipe](#), [poha recipe](#), [pepper poha](#), [how to make milagu aval](#), [easy breakfast Indian](#), [Indian breakfast aval](#), [flattened rice flavored with pepper](#)

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# Stir Fried Asparagus With Mushroom Recipe | Asparagus Stir Fry



Asparagus is also called Thannervittan Kilangu in Tamil. This is a delicious and healthy stir fry of asparagus and baby bella mushroom. Asparagus is a power house of goodness because it has lot of health benefits like detox, anti-aging properties and it increases the chances of fertility, so it should be added to the healthy diet. This stir fry is full of flavor of coconut oil and steak seasoning. Here, I used Tamari in place of table salt. With just 5 ingredients, you can make this asparagus dish in less than 15

mins. This easy asparagus (Thannervittan Kilangu) stir fry goes well with rice.

## Ingredients

10 Oz of Asparagus  
5 Baby Bella Mushroom, Sliced  
1/2 Tsp of Steak Seasoning  
1 Tsp of Tamari / Soy Sauce or to taste  
1/4 Cup of Water  
2 Tsp of Extra Virgin Coconut Oil

## Method

- Wash and slice the mushroom into thin slices.
- Wash and cut the lower end of the asparagus.
- Heat coconut oil in a cast iron pan over medium heat, add asparagus and mushroom, saute this for 2 mins, add steak seasoning, mix it to evenly coat asparagus. Add water and tamari or soy sauce, mix it, cover and steam until water evaporates and asparagus turns tender, about 5-7 mins in medium flame.
- Yummy asparagus baby bella mushroom stir fry is ready to serve.

## Tips

- If you don't want soy sauce in your stir fry, you can use normal table salt.
- Add garlic powder, pepper powder, red chilly flakes and salt in place of steak seasoning.
- You can use cooking oil instead of EV Coconut Oil.
- Steak seasoning is little salty in taste so be careful in adding tamari or soy sauce.

## Health Benefits of Asparagus

- Good source of vitamin A, E, C, K and folate.
- Rich source of glutathione, a detoxifying compound that helps to break down the carcinogens.
- Increases the chances of fertility
- It contains anti-inflammatory compound that protects you from diabetes type II and heart disease.
- It can help to prevent osteoporosis, osteoarthritis and birth defects.
- It helps to lose weight.



# Sweet Potato Fry Recipe | Sakkarivalli Kizhangu Poriyal – Indian Style



I love sweet potatoes because they taste so good and high in nutritional content. This sweet potato roast (Chinni Kilangu poriyal) is a very easy to make side dish for [sambar rice](#) or [dal rice](#). To make this sweet potato fry, first you have to steam the sweet potatoes, peel the skin, slice and fry it with sambar powder & garlic, finally in cast iron pan,

slowly roast it in oil. Slow roasting the sweet potatoes, always gives a nice crispy texture on outside and soft and tasty on inside. Adding spice powder, garam masala and garlic gives a nice flavor and taste to the sweet potato. This sweet potato stir fry Recipe|Sakkarivalli kilangu poriyal goes well with [rasam rice](#) / [curd rice](#). Also check my other potato recipe [BABY POTATO ROAST](#) in my blog.



## Ingredients

- 2 Sweet Potatoes, Medium Size
- 2 Big Garlic Cloves
- 1 Tsp of Sambar Powder
- 1/2 Tsp of Garam Masala
- 1/2 Tsp of Fennel Seeds (Sombhu)
- 1.5 Tbsp of Cooking Oil
- 1/2 Tsp of Salt or to taste

## Method

- Wash the sweet potatoes and steam it in a steamer or idly cooker for 12 mins or until it turns soft. After it done, peel the skin and chop them into thin, circular slices.
- Crush the garlic in a mortar and pestle.
- Heat a pan with oil, when it is hot, add fennel seeds, after it sizzles, add sliced sweet potatoes, give a gentle stir, by flipping the slices to other side.
- In a medium flame, add crushed garlic, sambar powder, garam masala and salt, give a quick stir, do not break the slices, make sure the masala coats all the sweet potatoes pieces. Cover the lid and cook it for 5 mins.
- Take handful of water, sprinkle it over the veggies, turn the potato slices to other side, cover the lid and cook it for another 7 mins until it turns brown and crisp.
- Yummy sweet potato fry is ready to serve with [sambar rice](#) or [dal rice](#)

## Tips

- If you don't have sambhar powder, add 2 tsp of coriander powder, 1/2 tsp of turmeric powder and 1 tsp of red chilly powder.
- If you don't have coriander powder and red chilly powder, replace it with cayenne pepper and black pepper powder.
- Always cook in cast iron pan / irumbu kadai to get crispy roasted potatoes.
- You can also marinate the potatoes in masala for 15 mins and then cook it.
- Adding curd gives little tangy taste to the potatoes.
- Adding garlic is to avoid gas flatulence.

<http://foody-buddy.blogspot.com/2013/08/baby-potato-roast-urulaikilangu-varuval.html#lqWUjV1l07EUdQve.99>

### **Tips**

- If you don't have sambhar powder, add 2 tsp of coriander powder, 1/2 tsp of turmeric powder and 1 tsp of red chilly powder.
- If you don't have coriander powder and red chilly powder, replace it with cayenne pepper/ black pepper powder and salt.
- Always roast the potatoes in cast iron pan / irumbu kadai to get crispy roasted potatoes.
- You can also marinate the potatoes in masala for 15 mins and then cook it.
- Adding garlic is to avoid gas flatulence.

### **Health Benefits of Sweet Potato**

- High in vitamin A, B6, D and C.
- Good Source of iron and magnesium.
- Superior fiber content than other potatoes.
- Rich in beta carotene & antioxidants.
- Good for heart.



Tags : [Sweetpotato](#), [sweet potato fry](#), [Sweetpotato fry Indian style](#), [sweet potato roast](#), [sweet potato stirfry recipe](#), [chinnikilangu poriyal](#), [sakkaraivalli kizhangu poriyal](#), [how to make sweetpotato fry](#), [sidedish recipe](#), [sidedish for sambarrice](#), [southindianrecipe](#), [sweetpotatodishes](#), [Lunchsidedish](#),