

EGG CURRY WITH HERBS

The aromatic herbs paired with the spiced eggs will be your new fail-proof egg recipe. Still having doubts?

Course: Entre

Prep Time: 0 hours 20 minutes

Cooking Time: 0 hours 20 minutes

Rest Time: 0 hours 00 minutes

Total: 0 hours 40 minutes

Servings: 4



INGREDIENTS:



Garlic cloves
3, crushed



Coriander
To serve



Yogurt
As needed



Trimmed okra
240 g



Chilies
Seedless, chopped



Garam masala
2 tbsp



Vegetable oil
2 tbsp



Onion
1, sliced



Ginger
Freshly ground



Tomatoes
800 g



Curry leaves
2



Eggs
7



Steamed rice

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METHOD:

Step 1

Preparing the spices

Soft boil the eggs for 6 -8 minutes.

Fry the garlic, ginger, onion, chili, and curry leaves then cook for 6 - 7 minutes until soft. Add the tomatoes, 100 ml of water then mix continuously.

Until the sauce is thick, add the Okra then pepper and salt to taste. Deshell the eggs and cut into half.

Step 2

Serving

Top the eggs with curry and rice with the fried curry leaves. Serve hot with yogurt and coriander on the side.

NUTRITIONAL INFORMATION:

Calories	170 cals
Fat	19 g
Protein	29 g
Carbs	23 g
Fiber	10 g