

# BEYOND HUNGER

## Indian Style Egg Curry

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*There are many ways to prepare this great South Asian dish which can vary from the region to region. This particular recipe comes straight from the home of one of our Nutrition Interns! As with most Indian dishes, this one packs some heat. Feel free to use your own judgement with the spices to cater what's right for you.*

**Yield:** 1 portion

**Serving Size:** 2 eggs, 1 medium potato and curry

### Ingredients:

- 2 eggs
- 1 medium red potato
- 1 medium red onion
- 1 roma tomato
- 1 tsp tomato paste
- 3 cloves of garlic (or 1 tbsp paste)
- 1-inch piece of ginger (or 1 tbsp paste)
- 2 tbsp canola oil
- ½ tsp turmeric
- 1 tsp chili powder
- 1 tsp coriander and cumin powder mix
- 1 tsp chicken masala powder
- 1 dash of salt (to taste)
- 1 cup of water
- 2-3 sprigs of cilantro (optional)

### Instructions:

1. Wash all of produce thoroughly. (You can cut potato now into desired pieces or choose to do it later once they are boiled.) Bring a pot of water to a slow boil. Gently place eggs and red potato into the pot. Boil for about 10 minutes, checking to see potato is thoroughly cooked.
2. Meanwhile, roughly chop onion and tomato. Toss in onions into a food processor for a fine grind and place in a bowl. Next grind up tomatoes with tomato paste in the food processor and place in a separate bowl.
3. Take your 3 cloves of garlic and 1-inch piece of ginger- peel them, then mash into paste using mortar and pestle. If using paste instead of fresh garlic/ginger, measure out 1 tbsp each.
4. Eggs and potatoes should be just about ready to take out. Drain the water and blanch to make peeling eggs easier.
5. Heat 2 Tbsp canola oil in skillet over medium heat. Add onions and sauté until they have slightly darkened; then add in tomato puree and cook for about 5 minutes. Add in ginger, garlic, all other spices, and salt, and cook for 1 minute more- until fragrant. Next, slowly stir in 1 cup of water to create curry.
6. Add in peeled eggs and potatoes; cover with curry to marinate. Turn the heat to low, cover the skillet, and let cook for an additional 10 minutes.
7. Top your dish with cilantro, if desired, and enjoy your egg curry mixed into white rice or with your favorite flat bread.

**Per Serving:** Calories 674 kcal, Carbohydrates 62.7 g, Protein 21.3 g, Saturated Fat 5.5 g, Sodium 551.4 mg, Fiber 11 g, Sugars 15.9g

This recipe is by Ashley Patel, MS NDTR and Dietetic Intern