

Scrambled Egg Curry

This mildly spiced Indian scrambled egg recipe makes a great light lunch or light dinner. Tuck the curried eggs into a warm whole-wheat tortilla or an Indian flatbread, like paratha, which can be found in the freezer case at Indian markets.

Makes: 4 servings
 Prep Time: 10 minutes
 Cook Time: 25 minutes

Source: eatingwell.com

Ingredients

- 4 medium cloves garlic, finely grated or minced
- 1 1/2-inch piece fresh ginger, peeled and finely grated or minced
- 2 tablespoons safflower oil or grapeseed oil
- 1 medium onion, thinly sliced
- 1/2 teaspoon ground turmeric
- 2 teaspoons ground coriander
- 1 teaspoon Kashmiri chili powder (see Tip)
- 3/4 teaspoon kosher salt
- 6 tablespoons water
- 8 large eggs, beaten
- 4 warm paratha breads or whole-wheat tortillas
- Fresh cilantro for garnish

Directions

1. Combine garlic and ginger in a bowl; press with a spoon to make a paste.
2. Heat oil in a large nonstick skillet over medium-high heat. Add onion, reduce heat to medium and cook, stirring, until softened, 3 to 4 minutes. Stir in turmeric; cook, stirring occasionally, until the onion is light brown, 5 to 7 minutes more. Stir in the garlic-ginger paste, coriander, chili powder and salt. Stir in water, partially cover and cook until the water evaporates, about 5 minutes.
3. Add eggs and cook, stirring constantly, until almost set, 4 to 6 minutes. Serve rolled in paratha (or tortillas) with cilantro, if desired.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 3/4 cup	
Nutrients	Amount
Calories:	298
Total Fat:	17 g
Saturated Fat:	4 g
Cholesterol:	372 mg
Sodium:	526 mg
Total Carbohydrates:	25 g
Dietary Fiber:	3 g
Total Sugars:	2 g
Added Sugars:	0 g
Protein	16 g

Utensils Needed

- Small bowl
- Spoon
- Cutting board
- Sharp knife
- Large nonstick skillet
- Measuring spoons

SHOPPING LIST

Average total cost without oil and seasonings: \$10.20

Average cost/serving: \$2.55

Recipe Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to cart
Ginger Root



Add 1 to cart
Fresh Garlic



Add 1 to cart
Onion, Medium



Add 1 to cart
Dozen Eggs



Add 1 to cart
Paratha or Whole-Wheat
Tortillas



Add 1 to cart
Cilantro, 1 Bunch

SAVE TIME, SAVE MONEY

My Cooking Notes

Chefs Tips

- Commonly used in Indian cuisine, Kashmiri chili powder lends a touch of heat and beautiful red color to sauces and curries. Any regular-to medium-heat chili powder can be use in its place. To bump up the heat, add a pinch of cayenne pepper too.

Similar Recipes

Cut on costs by reusing these ingredients in other recipes found on snapedny.org, such as:

- **Healthy Egg Burrito**
- **Mixed Veggies with Eggs**
- **Sunshine Chicken Roll-Ups**