

Anday Aalu ka Salan or Egg Curry

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/anday-aloo-ka-salan-pakistani-recipe>

Ingredients:

- 1/3 cup vegetable oil
- 1 pinch methi /Fenugreek Seeds
- 2 onions small-medium sized
- 1 tablespoon ginger paste
- 1 tablespoon garlic paste
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons chilli powder
- 1 teaspoon turmeric powder
- 1 tomato
- 2 potatoes Medium
- 1 sprig curry leaves
- 5 green chillies
- 1/2 cup cilantro chopped
- 1/2 lemon
- 6 boiled eggs
- oil Additional, for frying the eggs

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 320 milligrams
4. Fat: 32 grams
5. Fiber: 6 grams
6. Protein: 15 grams
7. SaturatedFat: 4 grams
8. Sodium: 1040 milligrams
9. Sugar: 8 grams

10. TransFat: 0.5 grams

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