

South Indian Egg Curry

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/tomato-egg-south-indian-recipe>

Ingredients:

- 3 boiled eggs
- 2 tablespoons oil
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon mustard seeds
- 1 cup onions chopped, 2 medium size onions approx...
- 4 green chillies slit
- 6 curry leaves
- 1 teaspoon garlic paste ginger
- 4 tomatoes blend and make a puree
- 2 tablespoons coconut roasted, paste/1 cup coconut milk
- salt to taste
- 1 teaspoon chilli powder
- 1/4 teaspoon turmeric powder
- 1/2 teaspoon cumin seeds powder
- 2 teaspoons coriander seeds powder
- 1 teaspoon black pepper powder
- 2 tablespoons coriander leaves
- 1 cup water

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 140 milligrams
4. Fat: 11 grams
5. Fiber: 3 grams
6. Protein: 7 grams
7. SaturatedFat: 2 grams
8. Sodium: 230 milligrams
9. Sugar: 7 grams

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