

Indian-Spiced Turkish-Style Eggs

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-breakfast-recipe-with-bread>

Ingredients:

- 1 small eggplant weighing around 1/2 pound
- 8 ounces Greek yoghurt full-fat
- 2 green chillies such as Serrano, finely chopped, seeded for less heat if desired
- 1 handful cilantro leaves chopped
- salt to taste
- 2 tablespoons ghee /clarified butter/oil
- 1 teaspoon black mustard seeds
- 3 red chillies dried, more or less to taste
- 1/2 teaspoon fresh ginger grated
- 1 pinch ground chile such as deggi mirch [optional]
- 1 sprig curry leaves
- 1/4 teaspoon asafoetida powder
- sea salt to taste
- 1 pinch turmeric
- 2 poached eggs
- paratha or roti to serve
- 12 ounces okra sliced into 1/2-inch rounds
- 3 tablespoons ghee
- 1/2 teaspoon cumin seeds
- 1 small onion diced
- 1 serrano minced
- 3 cloves garlic minced
- 1/2 inch ginger piece of, minced
- 1/4 teaspoon ground turmeric
- salt

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 115 milligrams
4. Fat: 17 grams
5. Fiber: 3 grams
6. Protein: 8 grams
7. SaturatedFat: 2 grams
8. Sodium: 690 milligrams
9. Sugar: 5 grams

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