

Palak Egg Curry (Spinach Egg Curry)

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/eggs-india-recipe>

Ingredients:

- 2 tablespoons cooking oil light
- 1 teaspoon cumin seeds whole
- 1 tablespoon chopped ginger finely
- 1 tablespoon finely chopped garlic
- 1 onion medium-sized, finely chopped
- 1/2 teaspoon chilli powder
- 1/4 teaspoon turmeric powder
- 1 tablespoon coriander powder
- salt to taste
- 1 tablespoon tomato paste
- 2 tomatoes medium-sized, finely chopped
- 8 large eggs boiled, peeled and cut in halves
- 400 grams frozen spinach thawed and pureed till smooth
- 1/2 cup plain yogurt beaten till smooth
- 1 teaspoon kasoori methi or dried fenugreek leaves
- water as required

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 425 milligrams
4. Fat: 19 grams
5. Fiber: 5 grams
6. Protein: 20 grams
7. SaturatedFat: 4 grams
8. Sodium: 460 milligrams
9. Sugar: 7 grams

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