

# Anda Curry (Egg Curry)...My way!

Yield: 5 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-egg-curry-recipe-with-potato>

## Ingredients:

- 2 tablespoons mustard oil
- 1/2 teaspoon black mustard seeds
- 1/2 onion large, diced
- 1/2 inch ginger piece of, grated
- 2 potatoes boiled, peeled and diced
- 10 eggs steamed, or hard boiled and sliced
- 1/8 teaspoon ground cinnamon
- 1/16 teaspoon ground clove
- 1/16 teaspoon ground cardamom
- 1 pinch chili powder to taste
- 3 bay leaves
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon Garam Masala
- 1 teaspoon corriander powder
- 1 tablespoon kasoori methi dried fenugreek leaves \*may leave out if you can't find
- 1/2 cup tomatoes I use diced, stewed canned roma tomatoes
- sugar small sprinkle of
- lemon juice as needed
- black pepper
- salt
- corriander Fresh, cilantro- to garnish, optional

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 425 milligrams
4. Fat: 10 grams

5. Fiber: 3 grams
  6. Protein: 16 grams
  7. SaturatedFat: 3 grams
  8. Sodium: 310 milligrams
  9. Sugar: 7 grams
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