

Bengali Egg Curry in Coconut Milk (Dimer Malai Curry)

Yield: 4 min
Total Time: 22 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-vegetarian-curry-recipe-coconut-milk>

Ingredients:

- 4 boiled eggs shelled - you can use any variety
- 3 boiled potatoes Medium, taste best with yellow potatoes
- 1 can coconut milk Don't use the coconut milk in carton, this is made using canned milk
- 2 onion Large, thinly chopped
- 1 tablespoon ginger +Garlic Paste - i'm using fresh paste
- 1 pinch sugar optional
- 5 tablespoons olive oil
- 2 tablespoons fresh cilantro chopped - for decoration, optional
- 1 teaspoon coconut flakes for decoration, optional
- spices *** Whole
- 1 cinnamon stick Medium
- 3 green cardamom
- 2 black cardamom
- 3 cloves
- spices *** Powdered
- 1 teaspoon coriander powder
- 2 teaspoons turmeric
- 1 teaspoon eggs
- 1 teaspoon curry
- 1 teaspoon Garam Masala
- 1 teaspoon red chili powder
- salt to taste

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 215 milligrams

4. Fat: 47 grams
5. Fiber: 8 grams
6. Protein: 12 grams
7. SaturatedFat: 25 grams
8. Sodium: 290 milligrams
9. Sugar: 7 grams

Thank you for visiting our website. Hope you enjoy Bengali Egg Curry in Coconut Milk (Dimer Malai Curry) above. You can see more 16 indian vegetarian curry recipe coconut milk Cook up something special! to get more great cooking ideas.