

egg curry – south Indian restaurant style

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 2 teaspoons spice mix indian restaurant, or curry powder - recipe link below
- 1/2 teaspoon chili powder kashmiri, or 1/4 tsp cayenne mixed with 3/4 tsp paprika
- 1/4 teaspoon black pepper
- 1/2 teaspoon kosher salt
- 3 tablespoons oil
- 3 cardamom pods green
- 2 inches cassia bark cinnamon stick
- 1/2 teaspoon mustard seed
- 1/4 teaspoon cumin seed
- 1 tablespoon garlic /ginger paste - recipe link below
- 2 green chilies
- 1/2 seed
- 1 tablespoon tomato paste with enough water to dilute to the consistency of pasatta
- 15 ounces base curry
- 1/2 cup coconut milk
- 15 curry leaves fresh, not dried. If you can't get them fresh leave them out.
- 2 tablespoons tomato diced
- 1 green chili diced
- 4 eggs hard-boiled

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 210 milligrams
4. Fat: 23 grams
5. Fiber: 3 grams
6. Protein: 11 grams

7. SaturatedFat: 9 grams
 8. Sodium: 660 milligrams
 9. Sugar: 5 grams
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