DietCloud – Recipe

Recipe Name: Hariyali Egg Curry Recipe In Coriander and Mint Gravy

Diet Type:

Course: Lunch

Cuisine: Indian

Quantity:



Description

Hariyali Egg Curry is a fragrant, vibrant Indian curry featuring halved hard-boiled eggs gently nestled in a rich, green herb sauce. Made with fresh coriander, mint, green chillies, and warm whole spices, this green curry offers an herbaceous and zestful flavor profile. As visible in the image, the bright green gravy serves as a bed for six golden egg halves on a floral-patterned plate, served alongside warm parathas.
[PROS]
- High in complete protein, iron, and choline from eggs
- Packed with vitamins A, C, and dietary antioxidants from fresh coriander and mint
- Digestive and anti-inflammatory properties from ginger, garlic, and fresh mint
[CONS]
- Slightly high in saturated fat due to fresh cream and whole egg yolks
- May require portion control for individuals monitoring dietary cholesterol intake
[DIETITIAN REVIEW]
Score: 8.5/10. This dish is an excellent source of high-quality protein and protective phytonutrients from the generous blend of herbs. To make it even lighter, fresh cream can be substituted with low-fat Greek yogurt without compromising on texture.

Ingredients

Ingredient	Quantity
• Whole Eggs (boiled)	4
• Cinnamon Stick (Dalchini)	1 small
• Bay leaf (tej patta)	1
• Cloves (Laung)	2
• Sunflower Oil	1 tablespoon
• Coriander Powder (Dhania)	2 teaspoons
• Garam masala powder	1 teaspoon
• Fresh cream	2 tablespoons
• Coriander (Dhania) Leaves (tightly packed)	2 cups

DietCloud – Recipe

- Mint Leaves (Pudina) (chopped) 1 cup

- Green Chillies (chopped) 2

- Onion (roughly chopped) 1

DietCloud – Recipe

- Ginger (chopped) 1 inch

DietCloud – Recipe

• Garlic	4 cloves

DietCloud – Recipe

Preparation

• 1.

• In a blender, combine coriander leaves, mint leaves, green chillies, chopped onion, ginger, and garlic with a splash of water to form a smooth green paste.

• 2.

• Heat sunflower oil in a pan over medium heat; add the cinnamon stick, bay leaf, and cloves, letting them sizzle until fragrant.

• 3.

• Pour in the prepared green paste and sauté for 4-5 minutes until the raw smell subsides.

• 4.

• Add coriander powder and garam masala powder, stirring well to incorporate into the gravy.

• 5.

• Lower the heat and mix in the fresh cream, simmering gently until the gravy reaches a smooth, velvety consistency.

• 6.

• Cut the boiled eggs in half lengthwise and carefully place them into the simmering green gravy, yolk side facing up.

• 7.

• Spoon a little gravy around the eggs, cook for 1-2 minutes to heat through, and serve hot with parathas or rotis.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	26	20	24	4	6