DietCloud – Recipe

Recipe Name: Bengali Egg Vegetable Recipe - Bengali Egg Curry (Recipe In Hindi)

Diet Type: Vegetarian

Course: Lunch

Cuisine: Bengali Recipes

Quantity:



Ingredients

Ingredient	Quantity
	4

Preparation

- To make Bengali egg vegetable, first boil eggs and potatoes and keep them separately.
- Peel the eggs and slit them a little.
- Now add turmeric powder, red chili powder and salt to it and keep it aside.
- Peel and chop the potatoes.
- Apply turmeric powder, red chili powder and salt like eggs and keep it separately.
- Now put onion, cumin, whole black pepper, garlic ginger paste in the mixer grinder and grind it.
- Keep it aside.
- Make tomato puree and keep it aside.
- Now heat the oil in a kadhai and add the eggs, cook till it turns golden, take it out and keep it aside.
- Put potatoes in the same pan, cook for 2 minutes, leave and keep aside.
- Add some more oil to the same pan and add bay leaves and cardamom.
- After this add the paste made of onion and spices and cook for 5 minutes.
- After 5 minutes, add tomato puree, green chilies and mix.
- Now add cumin powder, coriander powder, red chili powder, panch phoran masala and mix.
- Let it cook for 10 minutes.
- Now add 1/4 cup of water to it and cook for another 5 to 8 minutes.
- After that add cooked potatoes and eggs, cover the pan and cook for 5 minutes.
- Garnish with green coriander after 5 minutes and serve.

Macronutrients

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Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)