DietCloud – Recipe

Recipe Name: Kashmiri Style Haak T Thool Recipe - Greens Cooked With Eggs

Diet Type:

Course: Lunch

Cuisine: Kashmiri

Quantity:



Ingredients

Ingredient	Quantity
• 4 Greens - (collard greens • 3 to 4 tablespoons Mustard oil • 2 Whole Eggs - hard boiled • 1 teaspoon Asafoetida (hing) • 2 Dry Red Chilli • 1 Green Chilli - optional • Sunflower Oil - as required	4

Preparation

• To begin making the Kashmiri Haak T Thool Recipe, wash the greens nicely and pat dry them.
• Coarsely chop them and keep aside.
• Heat oil in a wok/kadhai and deep fry the boiled eggs till they are golden in color.
• Transfer the fried eggs in a bowl and keep aside.
• Take out the excess oil from the wok and leave around 3 to 4 tablespoons only and heat.
• Add broken red chili, green chili and asafoetida and saute for a second.
• Now add chopped greens and salt and cover the lid for few minutes.
• Once the greens turn soggy and watery, add in the fried eggs and let the greens cook till water starts drying up.
• Turn off the heat and serve hot.

Macronutrients

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