

Recipe Name: Iranian Baida Curry Recipe

Diet Type:

Course: Lunch

Cuisine: Middle Eastern

Quantity:



Ingredients

Ingredient	Quantity
• 4 Whole Egg	4
• 1 Onion - chopped	
• 1 tablespoon Jaggery	
• Salt - to taste	
• Sunflower Oil	
• 1 sprig Coriander (Dhania) Leaves	
• 1/4 cup Fresh coconut - grated	
• 2 tablespoon Coriander (Dhania) Seeds	
• 3 Dry Red Chilli	
• 1 tablespoon Sesame seeds (Til seeds)	
• 1 tablespoon Poppy seeds	
• 1 inch Ginger - chopped	
• 5 cloves Garlic - chopped	
• 8 Badam (Almond)	

Preparation

- To begin making the Iranian Baida Curry Recipe, boil the whole egg in water, make sure the eggs are fully immersed.
- Boil them for at least 15 minutes until the eggs are completely cooked and keep them aside to de shell them once it cools down.
- Dry roast the.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	31	24	22	4	6