



Recipe Name: Egg and Bread Fried Rice Recipe

Diet Type:

Course: Dinner

Cuisine: Fusion

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Basmati rice - cooked	4
• 5 Whole Eggs	
• 1 Onion	
• 4 Whole Wheat Brown Bread	
• 1 teaspoon Ginger Garlic Paste	
• 1/2 inch Cinnamon Stick (Dalchini)	
• 2 Cloves (Laung)	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 3 Whole Black Peppercorns	
• 1 teaspoon Sambar Powder	
• Salt - as required	
• 1 tablespoon Sunflower Oil	

Preparation

- To begin making the Egg and Bread Fried Rice recipe, chop the onion finely.
- Break eggs to a bowl and whisk it.
- Keep aside.
- You can use cooked rice or leftover rice.
- Heat a heavy bottomed pan with oil, add cinnamon, cloves and cumin seeds.
- Once it splutters.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	18	55	18	2	2