

Recipe Name: Akoori with Green Peas Recipe (Parsi Style Scrambled Eggs with Green Peas)

Diet Type:

Course: Indian Breakfast

Cuisine: Parsi Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 7 Whole Eggs	4
• 1/2 cup Green peas (Matar)	
• 2 Onions - finely chopped	
• 4 Tomatoes - finely chopped	
• 2 Green Chillies - finely chopped	
• 1 teaspoon Ginger Garlic Paste	
• 1 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Curry powder	
• 1 teaspoon Red Chilli powder	
• 3 tablespoons Coriander (Dhania) Leaves - finely chopped	
• 2 teaspoons Sunflower Oil	
• 1 teaspoon Lemon juice	
• 1 teaspoon Ginger - juliennes for garnish	
• Salt - to taste	

Preparation

- To begin making Akoori with Green Peas Recipe, heat oil in a pan add the chopped onions, ginger garlic paste and saute till onions turn translucent.
- Add the green chillies, tomatoes and saute for 2 minutes.
- Add the green peas, turmeric, red chilli, curry po.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
320	22	8	20	2	2