

Recipe Name: Egg Pulao Recipe
Diet Type: Vegetarian
Course: Lunch
Cuisine: Indian
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 12 Whole Eggs - hard-boiled	4
• 1 tablespoon Ghee	
• 1 teaspoon Red Chilli powder	
• 1/4 teaspoon Whole Black Peppercorns - freshly crushed	
• 4 Green Chillies	
• 12 cloves Garlic	
• 2 inch Ginger	
• 3 cups Basmati rice - soaked for 45 mins	
• 1 cup Onions - finely sliced	
• 1 cup Tomato - finely sliced	
• 3/4 cup Curd (Dahi / Yogurt) - whisked well	
• 3 Green Chillies - slit	
• 1/4 cup Mint Leaves (Pudina) - chopped	
• 1/4 cup Coriander (Dhania) Leaves - chopped	
• 1 Lemon juice	
• Water - as required	
• 1-1/2 teaspoon Cumin seeds (Jeera)	
• 6 Cardamom (Elaichi) Pods/Seeds	
• 2 Bay leaves (tej patta)	
• 2 inch Cinnamon Stick (Dalchini)	
• 1 Star anise	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 8 Whole Black Peppercorns	
• 3 tablespoon Ghee - or oil	
• Salt - to taste	

Preparation



- To begin making the Egg Pulao recipe, we will firstly fry the eggs.
- In a pan, heat 1 tablespoon of ghee and add the boiled eggs.
- Add red chilli powder and toss well.
- Add freshly cracked pepper and fry until eggs are slightly brown and a little crisp.
- Keep them aside.
- The next step is to make the pulao.
- Take another deep bottom pan or handi, heat ghee or oil.
- Add cumin seeds, green cardamom, cinnamon, black peppercorns, star anise and fry them for few seconds till the cumin seeds crackle.
- Meanwhile, add green chilli, garlic and ginger in a grinder and make a paste.
- Once the cumin seeds crackle, add the ground coarse paste of green chili, garlic, ginger and saute for a minute.
- Add onions and fry until it just starts picking up the golden color.
- Do not over-fry the onions.
- Add sliced tomatoes, slit green chillies and cook until the tomatoes are mushy.
- Add turmeric and mix everything properly.
- After 2 minutes, add in the whisked yogurt and stir until the yogurt is well combined with the spices.
- Add salt, chopped mint, lemon juice and coriander leaves.
- Cook for half a minute.
- Add soaked and drained rice and gently mix it.
- Give a slight slit to the fried eggs and add it along with the water.
- Bring it to a boil and cook until 80% of the water dries up.
- Cover and simmer until done.
- (Approximately for 15 to 20 mins) Gently fluff up the rice using a fork.
- Cover, let it rest for few minutes and Egg Pulao is ready to be served.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	12	45	12	2	2