DietCloud – Recipe

Recipe Name: EGG MASALA

Diet Type:

Course: General Course

Cuisine: Indian

Quantity:



Description

Egg Masala is a comforting and richly spiced Indian curry featuring hard-boiled eggs simmered in a thick, vibrant gravy made from onions, tomatoes, and aromatic spices. Garnished with fresh cilantro, this flavorful dish is a popular accompaniment to rice, roti, or naan, offering a delightful blend of textures and tastes.
[PROS]
- Excellent source of high-quality protein, crucial for muscle repair and satiety.
- Eggs provide essential vitamins and minerals, including B vitamins, Vitamin D, iron, and selenium.
- Spices like turmeric and ginger contribute anti-inflammatory and antioxidant benefits.
[CONS]
- Can be high in fat and calories depending on the amount of oil used in preparation.
- The spicy nature may not be suitable for individuals with sensitive stomachs or low spice tolerance.
- Sodium content can be high if not carefully controlled during cooking.
[DIETITIAN REVIEW]
This Egg Masala offers a substantial protein component from the eggs, vital for a balanced diet, and the vegetable-based gravy enhances micronutrient intake through onions, tomatoes, and various spices. It's a satisfying and nutritious meal option, especially when paired with whole grains. However, mindful use of oil and salt is recommended to optimize its health benefits. Score: 8/10

Ingredients

Ingredient	Quantity
• Hard-boiled eggs	2, peeled
• Cooking oil	1 tablespoon
• Onion	1/2 medium, finely chopped
• Ginger-garlic paste	1 teaspoon
• Tomato	1 medium, pureed or finely chopped
• Turmeric powder	1/4 teaspoon
• Red chili powder	1/2 teaspoon (adjust to taste)
• Coriander powder	1 teaspoon

• Garam masala	1/2 teaspoon

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• Water	1/2 cup (or as needed)

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• Salt	To taste

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• Fresh cilantro	1 tablespoon, chopped (for garnish)

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Preparation

• 1.

• Make shallow slits or prick the peeled hard-boiled eggs with a fork.

• Heat half the cooking oil (1/2 tablespoon) in a pan, and gently fry the eggs until they turn light golden brown.

• Remove and set aside.

• 2.

• In the same pan, add the remaining oil.

• Add the finely chopped onion and sauté over medium heat until it becomes translucent and lightly golden.

• 3.

• Stir in the ginger-garlic paste and cook for another minute until its raw aroma disappears.

• 4.

• Add the pureed or finely chopped tomato and cook until the mixture thickens and oil begins to separate from the sides, approximately 5-7 minutes.

• 5.

• Add turmeric powder, red chili powder, coriander powder, and salt.

• Mix well and cook for 1-2 minutes until the spices are fragrant.

• 6.

• Pour in 1/2 cup of water (or adjust for desired gravy consistency), bring to a simmer, then carefully add the fried eggs.

• Cover and let it simmer for 5-7 minutes, allowing the eggs to absorb the rich flavors of the masala.

• 7.

• Stir in the garam masala and garnish with fresh chopped cilantro.

• Serve hot with your choice of rice or Indian bread.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
320	22	12	20	2	4