

**Recipe Name:** Masala Palak Bhurji Recipe

**Diet Type:**

**Course:** North Indian Breakfast

**Cuisine:** Indian

**Quantity:**



## Ingredients

| Ingredient                                 | Quantity |
|--------------------------------------------|----------|
| • 4 Whole Eggs                             | 4        |
| • 1 cup Spinach                            |          |
| • 2 Onion - finely chopped                 |          |
| • 1 Tomato - chopped                       |          |
| • 1 Green Bell Pepper (Capsicum) - chopped |          |
| • 4 cloves Garlic - chopped                |          |
| • 1 inch Ginger - chopped                  |          |
| • 2 Green Chillies - chopped               |          |
| • 1 teaspoon Ajwain (Carom seeds)          |          |
| • 1 tablespoon Red Chilli powder           |          |
| • 1 tablespoon Cumin powder (Jeera)        |          |
| • 1 teaspoon Turmeric powder (Haldi)       |          |
| • Salt and Pepper - to taste               |          |

## Preparation

- We begin making the Masala Palak Bhurji Recipe by heating a pan with oil, splutter the ajwain seeds, add in the onions and bell peppers saute till the onions become translucent.
- Then add in the tomatoes and add the spice powders along with salt and pepper.
- Give it a stir.
- Add the chopped spinach and wet the spinach and cook till it wilts.
- Then finally crack one egg at a time.
- Mix well and combine all the ingredients together.
- Check for seasoning once done, and serve.



## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|-----------------|-------------|-----------|---------|-----------|-----------|
|-----------------|-------------|-----------|---------|-----------|-----------|

