DietCloud – Recipe

Recipe Name: Chettinad Muttai Masala Recipe - Chettinad Style Egg Curry

Diet Type:

Course: Lunch

Cuisine: Chettinad

Quantity:



Ingredients

Ingredient	Quantity
• 4 Whole Eggs - hard boiled & halved	4
• 1 cup Onion - thinly sliced	
• 1 Tomato - thinly sliced	
• 2 teaspoons Coriander Powder (Dhania)	
• 1 teaspoon Garam masala powder	
• 1/2 teaspoon Red Chilli powder	
• 1 Cinnamon Stick (Dalchini)	
• 2 Cloves (Laung)	
• 2 tablespoons Sunflower Oil	
• Salt - to taste	
• 2 tablespoons Coriander (Dhania) Seeds	
• 4 cloves Garlic	
• 2 inch Ginger	
• 3 tablespoons Fresh coconut - grated	
• 2 teaspoon Fennel seeds (Saunf)	
• 1 teaspoon Whole Black Peppercorns	
• 2 teaspoons Poppy seeds	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 Dry Red Chilli	

Preparation

• To begin making Chettinad Muttai Masala Recipe, hard boil the eggs in boiling water for 12 minutes.

• Once cooled, remove the shells and keep aside.

• Turn off the heat and let the masala cool down.

• Heat oil in a Kadai on medium flame, add the cinnamon stick and cloves and let the spices release its

aroma into the oil.

• Now, add the ground Chettinad masala mix and mix well.
• Simmer for 5 minutes until the mix is cooked well.

• Add half a cup of water, season with salt and let it simmer for another 3 minutes.
• Now, add the halved boiled eggs and turn off the heat.

Macronutrients

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