

INDIAN EGGS

Time: 20 minutes

Serves: 2

Ingredients:

4 eggs
½ teaspoon ground cumin
⅛ teaspoon ground turmeric
¼ teaspoon kosher salt
1 teaspoon extra virgin olive oil
1 small red onion – chopped to ¼”
2 cloves garlic – finely chopped or crushed
1 small red chili pepper – seeded and finely chopped
½ teaspoon fresh ginger – finely grated
1 tomato – seeded and chopped to ¼”
¼ teaspoon stevia
2 tablespoons fresh cilantro - chopped

Preparation:

In a medium bowl, whisk together the eggs, cumin, turmeric and half of the salt then set aside.

Heat a frying pan over high heat and add the olive oil. Place the onion, garlic, chili and ginger in the pan and stir often for four minutes.

Add the tomato, other ⅛ teaspoon of salt and stevia then stir for one minute.

Turn the heat to medium low and add the egg mixture, stirring constantly for just over minute until the eggs are set.

Remove from heat, carefully stir in the cilantro and serve.

Nutritional Information Per Serving:

Calories: 177

Fat: 12g

Carbs: 4g

Fibre: 0.5g

Protein: 13g