



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

INDIAN EGGS

Time: 15 minutes

Serves: 2

Ingredients:

5g grapeseed or other neutral-flavoured oil
4 large free-range eggs
2g kosher salt
0.5g garam masala
1 Thai chili - seeded and finely chopped
1 shallot - small dice
1 clove garlic - finely chopped or grated
4g fresh ginger - grated
1 roma tomato - seeded - small dice
5g cilantro - chopped

Preparation:

Place a frying pan on medium heat and add the oil.

In a suitable bowl, whisk together the eggs, one gram of the salt and the garam masala.

Add the chili, shallot, garlic and ginger to the frying pan. Cook, stirring occasionally for two minutes.

Add the tomato and remaining gram of salt, cooking for another minute.

Pour in the egg mixture and cook, stirring constantly with a whisk until the eggs are just set.

Remove from heat and stir in the cilantro.

Serve immediately.

Nutritional Information Per Serving:

Calories: 178

Fat: 12g

Carbs: 4g

Fibre: 0.4g

Protein: 13g