

Simple Egg Yoghurt Curry

This is a delicious and easy egg curry recipe that you must try. Its got fantastic flavours, healthy meal and easy to make.

Serves 4

Ingredients

oil of choice

12 eggs

1 brown onion, roughly chopped

1 green pepper, roughly chopped

1 bay leaf

1 cinnamon stick

1 tsp cumin seeds

2 brown onions, finely chopped

2 tsp ginger and garlic paste

200g passata

4 tbsp natural yoghurt

1 tsp salt

1 tsp turmeric powder

1 tsp garam masala

1 tsp chilli powder

1 $\frac{1}{2}$ tbsp dried fenugreek leaves

fresh coriander leaves, roughly chopped

Method

– Add the eggs to a pan and cover with water. Bring to a boil and cook for exactly 8 minutes. Drain and let them cool before peeling and chopping them in half.

– Add 2-3 tbsp of oil to a hot pan. Add the eggs and cook until the whites are golden.

– Add the chopped onion and green pepper to the same pan, and cook on high heat for 5 minutes. Then, use a slotted spoon to remove transfer them to a plate.

- To the same pan, add the bay leaf, cinnamon stick, cumin seeds, and 1 tbsp of oil. Add the finely chopped onions, stir through, and cook for 8-10 minutes until golden.
- Add the ginger and garlic paste and cook for 30 seconds. Add the passata and cook for 1 minute on high heat.
- 200ml of water and bring to a boil. Cover, and let it simmer on low heat for 15-20 minutes.
- Turn off the heat. Add the yoghurt and stir through. Add the salt, turmeric powder, garam masala, chilli powder, and fenugreek leaves. Mix well and turn the heat back on.
- Add the cooked eggs, peppers, and onions. Stir through, cover, and cook for 10 minutes.

Serve with piping hot basmati rice and garnish with some fresh coriander leaves.