

Mutta Roast - Spicy Eggs With Tomatoes

S PICY EGGS WITH TOMATOES has rich, thick gravy, and it is typically served on Easter mornings with RICE PANCAKE (*appam*) or string hoppers. It is an easy dish to prepare, and the tomato gravy pairs well with RICE BREAD (*ari pathiri*) or other rice dishes. SPICY EGGS WITH TOMATOES can also be eaten with a green salad or steamed vegetables.

Ingredients (To serve 4)

- Large eggs - 6
- Large potato - 1
- Medium onion - 1
- Ginger - 1-inch / 2.5-cm piece
- Garlic cloves - 2
- Small green chilies - 2
- Large tomatoes - 3
- Olive oil - 3 tbsp
- Red chili powder - ¼ tsp
- Cumin powder - ¼ tsp
- Grated coconut - 1 tbsp
- Salt - 1 tsp

Garnish

- Coriander leaves - 2 tbsp

Utensils

- 2 medium pans

Preparation (10 minutes)

1. Boil the eggs in one of the pans with water and 1 tsp of salt. Once they are cooked (about 8 minutes), shell the eggs and keep aside.
2. Peel and boil the potato until crisp-tender.
3. Cube the potato into small pieces.
4. Peel and mince the onion.
5. Peel and mince the ginger and garlic.
6. Trim the stems off and mince the green chilies.
7. Chop the tomatoes into small chunks.

Garnish Preparation (2 minutes)

1. Wash the coriander leaves, remove the thicker stems, and chop roughly.

Cooking (15 minutes)

1. Heat the oil in the second pan over high heat.
2. Add the minced onions to the hot oil and sauté until golden brown.
3. Add the ginger, garlic, and green chilies. Sauté for a minute.
4. Add the red chili and cumin powders and stir-fry until the aroma of the spices is released.
5. Add the grated coconut and stir-fry until golden brown.
6. Add the chopped tomatoes and sauté until soft.
7. Add the eggs, potatoes, and 1/3 cup of water.

Nutrition Information

	(per serving)	%DV
Calories	301	15 %
Carbohydrates	18 gm	6 %
Protein	14 gm	28 %
Fat	20 gm	31 %
Cholesterol	370 mg	123 %
Sodium	742 mg	31 %
Fiber	3 gm	12 %
Calcium	67 mg	7 %
Iron	3 mg	17 %

8. Simmer until the potatoes are cooked.
9. Season with salt.

Serve: Warm. Halve the cooked eggs and arrange them on the gravy. Drizzle some of the gravy on the eggs. Garnish with the coriander leaves.

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