

SUGAR SMART



#FOODREVOLUTION



SILKY MASALA EGGS

SERVES 4

TOTAL TIME: 20 MINUTES

Jazz up your scrambled eggs with a hit of fragrant spices and fresh herbs. Served up with warm wholemeal chapatis - you can wrap, roll or fold your way to a nutritious, flavour-packed brekkie in next to no time. It's a great way to keep that mid-morning hunger at bay until lunch.

This is one of Jamie's Food Revolution recipes, a collection of simple dishes that teach us how to feed ourselves and our families good, nutritious food for years to come. A good, homemade breakfast is one of the best ways to give yourself a healthy head start. Find out more at jamiesfoodrevolution.org

jamiesfoodrevolution.org

INGREDIENTS

- 1 small red onion
- 1 fresh red or green chilli
- 1 clove of garlic
- ½ a bunch of fresh coriander
- 2 large ripe tomatoes
- 4 wholemeal chapatis
- olive oil
- ½ teaspoon cumin seeds
- 1 teaspoon garam masala
- ½ teaspoon ground turmeric
- 6 large free-range eggs

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NOTES

1. Preheat the oven to 160°C/325°F/gas 3.
2. On a chopping board, peel and finely slice the onion, deseed and finely slice the chilli, then peel and crush the garlic.
3. Pick and roughly chop the coriander leaves, finely chopping the stalks.
4. Halve, deseed and finely chop the tomatoes.
5. Place the chapatis on a tray and into the oven to warm through.
6. Heat 1 tablespoon of olive oil in a large non-stick frying pan over a medium-low heat, add the onion, chilli, garlic and coriander stalks, then fry for 5 minutes, or until softened, stirring regularly.
7. Add the spices, then cook for 1 minute, or until smelling fantastic.
8. Meanwhile, crack the eggs into a bowl, add a pinch of sea salt and black pepper, then beat with a fork.
9. Scatter the chopped tomatoes into the pan, cook for a further 2 minutes, then pour in the eggs and reduce the heat to low.
10. Stir slowly until you've got beautiful silky strips of just cooked egg, surrounded by softer, custardy egg, then remove from the heat – the residual heat of the pan will continue to cook the eggs.
11. Stir the coriander leaves into the eggs, then serve with warm chapatis and a little extra chilli scattered over, if you like.

Calories	Fat	Sat Fat	Protein	Carbs	Sugar	Salt	Fibre
269kcal	13.6g	3.9g	15.3g	22.3g	3.7g	1.2g	2.8g

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