

INDIAN CURRIED SCRAMBLED EGG (ANDA BHURJI)

Egg bhurji is a simple scrambled egg dish made with spices, egg, and herbs. You can serve it with rice, roti, or bread either toasted or crusty. It is a quick, nutritional lunch or as part of a Sunday "English" breakfast.

INGREDIENTS

- 2 or 3 eggs
- 2 tablespoon oil
- ½ teaspoon cumin seeds
- 1 medium onion, finely chopped
- 1 green chili, chopped
- 1 teaspoon ginger/garlic paste or fresh ginger or garlic to taste
- 1 teaspoon Garam Masala powder
- 1/8 teaspoon Turmeric
- 2 tablespoons Coriander Leaves, chopped
- ¼ Pepper, cubed, some frozen peas or courgette or finely chopped potato, chopped

DIRECTIONS:

- Break eggs into a bowl and whisk, add turmeric and mix.
- Heat oil in a pan with a medium heat setting, add cumin seeds and after 1 minute roasting, add onions, chili, and fry until golden.
- Add ginger, garlic, and peppers (plus vegetables of your choice) and fry for 2 to 3 minutes.
- Lower the heat setting - Pour eggs into the pan and stir into the sauteed mix and stir well for a minute or 2. Do not overcook, keep them light and fluffy. Take off the heat.
- Garnish with coriander, garam masala and red chili powder, if using.
- Serve with rice; toasted bread or crusty bread or filling for a sandwich; roti and in a wrap with salad.

