Simple Egg Masala Roast

Serves: 4 people

Ingredients

For the egg preparation

- 4 Hard-boiled Eggs
- ½ tsp black pepper powder
- ½ tsp turmeric powder
- ½ tsp red chilli powder
- 1 tsp coriander powder
- 1 tsp salt
- 20 ml coconut oil
- 10 ml vegetable oil

For the Masala roast

- 40 ml vegetable oil
- 1 tsp black mustard seeds
- 3 medium red onions (Sliced)
- 2 vine tomatoes (Sliced)
- 6 fresh curry leaves washed and dried
- ½ tsp black pepper powder
- ½ tsp turmeric powder
- ½ tsp Kashmiri chilli powder or normal red chilli powder
- 2 tbsp fresh coriander powder
- 1 tbsp tomato ketchup
- 1 cup water
- ½ cup (120 ml) approx coconut milk
- 1 tbsp coconut oil to finish

To serve

- Coriander sprigs (chopped)
- Steamed basmati rice or paratha breads

Step 1

For the eggs preparation

Method:

- Boil 4 eggs for 10 mins approx for hard boiled. Once the eggs are boiled, cooled and shelled, cut them into lengthwise halves.

- Mix all the dry spices for the Eggs Prep section in a bowl with salt and coat the egg yolk side with this mix. Heat a non-stick pan over medium heat and mix in both the oils, vegetable oil first then the coconut oil. Once the oils are hot enough remove from the fire and then put in the eggs. Yolk face bottom on the oil very slowly and back on the fire for approximately 2 mins .
- Remove from the fire and turn the eggs and leave it on fire, remove 1 yolk to mix in the masala roast.

Step 2

For the masala roast

Method :

- Warm a heavy based saucepan / pot over a medium – high level heat and add the oil. As soon as the oil is hot remove it from the fire, and carefully add the mustard seeds please be careful of the popping mustards. Add Curry Leaves.
- Then we add the sliced onions with a pinch of salt and slowly cook the onions till dark brown, stirring gently.
- Once the onions are cooked we add in the tomatoes and cook for 2 mins
- Add the dry spices then make sure the flame is low so the spices don't burn. Add a sprinkle of water at this stage if you think the spices are burning. Pour in the coconut milk.
- Keep slowly stirring this masala for 5-7 mins or till the tomatoes have nicely disintegrated add water if needed.
- The consistency we are looking for is a nice thick dry masala consistency.
- Finally once the masala is cooked add in the tomato ketchup and mix in the 1 tbsp of coconut oil.
- Add the egg halves and coat each piece with the masala gently cover and switch off the flame.

Step 3

To serve

Method :

- I recommend bringing the pan to the table. Garnish with coriander and enjoy it with hot paratha bread straight from the pan. It can also be enjoyed with plain white bread or brioche bun.

Amazing as a brunch dish, as a quick wrap, or a side dish.