INDIAN · BREAKFAST

Anda Bhurji (Indian Masala Scrambled Eggs)

18 min · Serves 3 · 244 kcal a serve · Video 3:02 · Sanjeev Kapoor Khazana

Vegetarian · Gluten-free ingredients · Nut-free

Two eggs cooked with onion, tomato and spices in each serve: about 14 g of protein for under 250 kcal, more than half a day's selenium and rich in vitamin B12. Naturally gluten-free and low in carbs.

Diet notes: Keto (6.7 g net carbs a serve).

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Ingredients 14 · SERVES 3

- [ ] 1 tbsp **butter**
- [ ] ½ tbsp **oil**
- [ ] 1 tsp **cumin seeds**
- [ ] 1 medium **onion**, finely chopped
- [ ] 1–2 **green chillies**, chopped
- [ ] 1 medium **tomato**, finely chopped
- [ ] **salt** to taste
- [ ] ¼ tsp **turmeric powder**
- [ ] 1 tsp **red chilli powder**
- [ ] 1 tsp **coriander powder**
- [ ] ¼ tsp **cumin powder**
- [ ] 1 tbsp chopped **fresh coriander leaves**
- [ ] 6 **eggs**, whisked
- [ ] a sprig of **fresh coriander**, to garnish

Contains: Egg, Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the butter with the oil (the oil stops the butter burning) in a non-stick pan. Add the cumin seeds and let them sizzle until fragrant. 0:21
2. Add the onion and green chillies and cook, stirring, until the onion turns golden brown. Meanwhile, break the eggs into a bowl and whisk them. 0:38
3. Add the tomato and salt and cook on medium heat until the tomato is soft and pulpy and the fat starts to separate. 0:57
4. Stir in the turmeric, red chilli powder, coriander powder and cumin powder, then the chopped coriander. 1:29
5. Pour in the eggs and keep stirring, scraping the sides, for 2–3 minutes on medium heat until just cooked with no big lumps. Serve hot, garnished with a sprig of coriander. 2:05

> **Tip** Serves 3, two eggs each (our estimate; the cook doesn't say). In Mumbai it is eaten with soft pav bread rolls; wholemeal toast or roti work too.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
244 kcal	**14** g	**8.8** g	**2.1** g	**17** g	**520** mg
1,020 kJ	28% of a day	6.7 g net · 4.5 g sugars 3% of a day	7% of a day	5.9 g saturated 22% of a day	23% of a day

Energy from net carbs 11% · protein 24% · fat 65% — fits keto: 6.7 g net carbs, 65% of the energy from fat

High in (20%+ of a day) Selenium 57% · Vitamin B12 46% · Vitamin A 25%

Source of (10–19%) Omega-3 18% · Folate 15% · Vitamin C 14% · Vitamin E 14% · Vitamin B6 14% · Iron 13% · Zinc 13% · Vitamin D 11% · Vitamin K 10%

Recipe and video: Sanjeev Kapoor Khazana (@sanjeevkapoorkhazana) on YouTube — youtube.com/watch?v=ef0OkQdWIww, published 13 September 2015. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/anda-bhurji-masala-scrambled-eggs