

BENGALI EGG CURRY

Egg and potato curries are hugely popular throughout India and this Bengali version is a particular favourite of ours. The use of mustard replicates a Bengali mustard paste known as shorse and adds a delicious piquancy to the dish.

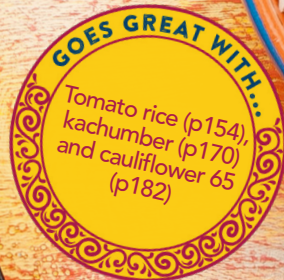
Prep 25 mins	Cook 45 mins
Heat 	Serves 4

8 **eggs** (any size)
 300g **baby new potatoes** - peeled
 1 **large onion** - thinly sliced
 3 **cloves of garlic** - finely chopped
Fresh ginger - finely chopped to make 1 tbsp
 2 **green chillies** - halved lengthways
 50g **natural yogurt** (full fat is best)
 1 **tbsp mustard** (Dijon or wholegrain mustard is best)

2 tsp  **JEERA BLEND**
 1 tsp  **HALDI BLEND**
 1 tsp  **METHI BLEND**
 ½ tsp  **MIRCHI BLEND**

- 1 Boil the eggs for 6-8 minutes (6 minutes for small, 8 minutes for large). Drain, cool and peel
- 2 Fry 2 tsp **JEERA BLEND** in 2 tbsp oil for 30 seconds or until the seeds just start to pop and jump around
- 3 Add the onion and chillies and cook for 10 minutes or until the onions are melted and soft
- 4 Stir in the garlic, ginger, 1 tsp **HALDI BLEND**, 1 tsp **METHI BLEND**, ½ tsp **MIRCHI BLEND** and 1 tsp salt then cook for 1 minute or until the garlic and ginger are soft
- 5 Stir in the potatoes and 250ml water then cover and cook for 20 minutes or until the potatoes are tender
- 6 Stir the boiled eggs into the curry and warm through for 5 minutes
- 7 Remove from the heat then stir in the yogurt, mustard and a splash of water to make a sauce

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EXTRAS
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Cauliflower florets and dairy free yogurt for a vegan version

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Using mustard oil



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