



Maggi

## MAGGI Dhal & Omelette Curry

### Ingredients

- cup Masoor Dhal
- 1/2 1/2 tbsp Turmeric
- g Cinnamon
- Medium Chopped Onions
- Cloves Garlic
- Capsules Green chilis
- mg Curry Leaves
- tsp Chili powder
- 1/2 1/2 tbsp Thick Maggi coconut milk
- tbsp Thick Maggi coconut milk
- 1/2 1/2 tsp Mustard Seeds
- 1/2 1/2 tsp Cumin powder
- 1/2 1/2 tsp Fenugreek Seeds
- tsp Oil
- Mediums Eggs
- pieces Chili powder
- Medium Tomato
- oz Salt

### Instructions

1. Boil the dhal with chili powder, onion, garlic, green chili, curry leaves, turmeric, and thin coconut milk until just cooked but not till mashed.
2. Add the thick coconut milk and simmer for 3 minutes.
3. Heat the oil in a separate pan.
4. Add the mustard seeds and when its start to splutter add the cumin seeds along with fenugreek seeds and sauté for 30 seconds.
5. Add the curry leaves with sliced onions, chili flakes and sauté for 2 minutes.
6. Pour the mixture over the cooked dhal.
7. For the Omelette add eggs, tomatoes, chilli flakes and salt to separate bowl, mix it and make the omelette
8. Cut the omelette into small pieces and add these pieces into dhal curry and mix well.

### Nutrition

Carbohydrates	45.63 g
Energy	320.17 kcal
Fats	10.37 g
Fiber	16.82 g
Protein	13.72 g
Sodium	220.02 mg
Sugars	220.02 mg

🕒 35 Minutes

⊕ 6 portions