



Egg Bhurji With Vegetables

14 Nov 2016 10 Min

Details

A very healthy Indian variant of a conventional protein-rich scrambled egg breakfast. Vegetables and sesame seeds make this dish more nutrient-dense.

Ingredients



1(45.0 gm) Egg



4.0 Chopped Tsp(10.0 gm) Onion



1.0 Boiled Tbsp(12.0 gm) Sweet Corn



1.0 Chopped Tbsp(10.0 gm) Capsicum



1.0 Boiled Tbsp(11.0 gm) Peas



1.0 Chopped Tbsp(9.0 gm) Carrot



1.0 Chopped Tsp(0.92 gm) Coriander Leaves



1/2 Chopped Tsp(1.0 gm) Green Chilli



1/4 Tsp(0.59 gm) Jeera



1/4 Powder Tsp(0.54 gm) Red Chilly



1/4 Tsp(0.6 gm) Haldi



1/4 Tsp(1.0 gm) Salt



2.0 Tsp(5.0 ml) Oil

Method (Step-By-Step)

- In a pan, heat 1.5 tsp oil.

- Add 1/4 tsp jeera, 1/2 tsp of chopped green chilli, 4 tsp of chopped onion, 1/4 tsp each of red chilli powder, haldi and salt.
- Saute the ingredients well.
- Now, add 1 tbsp each of boiled corn, chopped green capsicum, boiled green peas and chopped carrot.
- Saute the ingredients well.
- Add 1 whole egg and scramble.
- Garnish with 1 tsp of chopped coriander leaves and mix well.
- Finally, sprinkle black sesame seeds on top and serve hot with a buttered pav.