

Crispy Fried Tandoori Eggs



Preparation time: 20 mins

Serves: 2 people

User Rating: ★★★★★

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Categories: Quick & Easy, Dinner Recipes, Vegetarian



Ingredients

- 4 eggs, at room temperature
- 3 tbsp butter (or ghee, if available)
- 1 pinch each of ground cumin, paprika, ginger and turmeric
- 1 large red chili, sliced
- 2 green shallots, thinly sliced on an angle
- 100g natural yoghurt
- 1 small Lebanese cucumber
- Half bunch coriander
- 1/2 a lime

1 cup of jasmine long grain rice

Salt and pepper

Method

1. Cook rice according to packet instructions, or use microwave rice and place in microwave.
2. Grate the cucumber over a bowl, add a pinch of salt and squeeze out the excess liquid.
3. Finely chop the coriander (leaves and stalks), fold into the cucumber, add the yogurt and a squeeze of lime.
4. Mix all the tandoori spices in a bowl, a good pinch of each makes about a teaspoon.
5. Heat the butter (or ghee) in a non-stick frying pan on high heat. Carefully add half of the shallot and chili, then crack in 4 eggs. Sprinkle over the tandoori spice blend, reduce the heat a little. The trick here is to keep it hot enough so the eggs are crispy fried. Carefully tilt the pan and spoon a little butter (or ghee) over the eggs and spices. Season with salt and pepper. Once eggs are cooked, using an egg flipper, remove the crispy chili, shallot fried eggs from the pan and pop them onto a bowl plate of steamed rice.
6. Spoon over the yoghurt mixture and garnish with remaining chilli, shallot and butter (or ghee) from the pan with another little squeeze of fresh lime juice.