Curried Fried Egg Open Naan

Preparation time:	15 mins
Serves:	2 people
User Rating:	★★★★★

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Turn this tasty Indian flatbread into a mouthwatering breakfast, lunch or dinner using a few simple ingredients you probably already have in your fridge and pantry. An easy meal to make for the entire family and serve with chillies if you like to turn up the heat.



Ingredients

2 store-bought naan

1½ tbsp oil

1 large red onion, finely sliced

1 small clove garlic, sliced

1-1½ tbsp leftover mild Indian curry paste (such as korma or rogan josh)

4 eggs

Salt and pepper to taste

⅓ cup (95g) labneh

2 Roma tomatoes, finely diced

2 tbsp fresh coriander springs

1 lemon, plus extra lemon wedges to serve

Method

1. Heat a large non-stick frying pan over medium-high heat. Add naan and toast both sides until warm and lightly toasted. Transfer to a plate.
2. Add oil to the same pan and add onion and garlic. Cook, stirring for 1-2 minutes to soften onion and crisp up garlic slices.
3. Stir in curry paste, making sure to coat the onions and garlic and cook for a further 1 minute.
4. Use your spatula to make a space in the pan to crack the eggs into. Add eggs and fry for 2-3 minutes. Cover with lid until cooked to your liking. Season with salt and pepper.
5. Place naan onto serving plates and spoon labneh evenly over the top. Top with curried fried eggs and onions. Scatter over tomato and coriander. Squeeze over lemon juice and season to taste. Serve immediately with extra lemon wedges.

Notes

- Use any curry paste you may have leftover in the refrigerator. Alternatively, use dry curry powder and add a few tablespoons of water to prevent spices from burning.
- Indian flatbreads including naan are available in the Asian grocery aisle at most supermarkets.
- Serve with hot chillies or chilli oil for a spicy variation.
- Labneh is a fresh yoghurt cheese made by straining fresh yoghurt. Available in some supermarkets and delis. To make your own, line strainer with cheesecloth and add ½ cup of Greek yoghurt. Strain over a bowl in the fridge overnight. Or substitute with sour cream mixed with salt and lemon juice.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
483g	2370kJ 566kcal	21.4g	36.4g	9.2g	35.9g	12.1g	1000mg	6.3g

Vitamin D
8.2µg

All nutrition values are per serve.