

Indian Egg and Coconut Curry



Preparation time: 15 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Quick & Easy, Vegetarian



Ingredients

- 8 Eggs (hard boiled, peeled)
- 1 tbsp Vegetable oil
- 2 Onion (peeled and diced)
- 2 tbsp Mild Indian curry paste
- 3 cups Low salt vegetable stock
- 1kg Potatoes (peeled and diced)
- 500g Green beans (Cleaned)
- 4 tbsp Light coconut milk

- ½ bunch Coriander (roughly chopped)

Method

1. Heat oil in a saucepan, add onions and cook until soft.
2. Add curry paste and sauté for 2 minutes then add stock and potato. Simmer for a few minutes until potatoes are half cooked then add beans. Simmer until beans are softened then add the eggs. Cook until eggs have heated through and stir in coconut milk.
3. Check seasoning, garnish with coriander and serve.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
746g	1950kj 466kcal	23.6g	19.2g	4.7g	42.7g	10.5g	1140mg	11.9g

All nutrition values are per serve.