

Spicy Egg Curry

with Basmati Rice, Naan and Cucumber Raita

hellóchef

Did you know that in old Persian 'naan' simply means 'bread'?

Cals 1213 • Prot 47 • Carbs 136 • Fat 59

Chef's Choice • **Vegetarian**

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🕒 cook: 30 min

R2597



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

For curry	2 ppl	3 ppl	4 ppl	
Fresh coriander	15	15	30	Grams
Brown onion	1	2	2	Pieces
Ghee 4*	20	30	30	Grams
Ginger garlic paste	20	30	40	Grams
Coriander powder	2	4	4	Grams
Cumin powder	2	2	4	Grams
Garam masala	2	5	5	Grams
Turmeric powder	2	2	4	Grams
Chipotle powder	2	2	2	Grams
Tomato passata	200	200	400	Grams
Vegetable stock cube 15*	1	1	2	Pieces
Honey	20	20	40	Grams
Water	150	225	300	ML
Organic Eggs 5*	6	9	12	Pieces
Cooking cream 4*	200	200	200	ML
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	1	Tsp

Rice				
Basmati rice	150	225	300	Grams
Water	350	525	700	ML
Salt	0.5	1	1	Tsp

Sides				
Cucumber	1	1	2	Pieces
Natural yogurt 4*	170	340	340	Grams
Tandoori naan 4*, 10*	2	3	4	Pieces

Allergens

*4 Milk, *15 Celery, *5 Eggs, *10 Wheat

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/koal)	5071 / 1213
Fat (g)	58.6
of which saturates (g)	32.4
Carbohydrate (g)	136
of which sugars (g)	22.4
Fiber (g)	6.6
Protein (g)	46.9
Salt (g)	3.1

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Preheat the oven to 200°C/180°C fan. Chop the **coriander**, including the stalks, finely. Peel and finely chop the **onion**. Heat the **ghee** in a pot over a medium heat. Add the **onion** and cook for 6 min until very soft. Add the **ginger garlic paste, coriander powder, cumin** (see pro tip), **garam masala, turmeric**, and **chipotle powder (spicy!)**. Cook for 2 min.



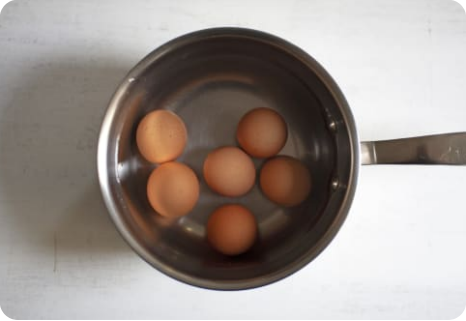
2 Simmer

Add the **tomato passata, stock cube, honey** and measured **water**. Cover and reduce the heat to low. Simmer for 15 min.



3 Boil rice

Meanwhile, add the **rice, salt** and the measured **water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the **water** is absorbed and the **rice** is cooked. Remove the pan from the heat and keep covered until serving. Fluff with a fork before serving.



4 Boil eggs

Meanwhile, cook the **eggs** in boiling **water** for 5-7 or until cooked to your liking. Drain, run under cold **water** and peel once cooled.



5 Make raita

Grate the **cucumber** and squeeze out any excess liquid. Combine the **cucumber** with the **natural yogurt** (see pro tip). Set aside. Place the **naan** in the oven for 5 min until warmed through.



6 Blitz and serve

Meanwhile, blitz the curry sauce with a hand-held blender until smooth. Once smooth, add the **cooking cream, chopped coriander** and the whole, peeled **eggs**. Season with **salt** and **pepper**. Cook for 1-2 min further or until warmed through. Serve the curry over the **rice** with the **cucumber raita** and **naan** to the side.