

Indian Masala Cheese Omelette

A healthy and flavorful Indian twist on the classic omelette, packed with spices and gooey cheese.



Breakfast Dish

Indian

10 min

Total time

Easy

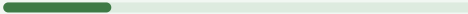
Difficulty

280

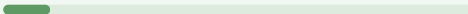
kcal / serving

Nutrition per serving (estimated)

Protein 16 g



Carbs 7 g



Fat 21 g



Fiber 1 g · Sugar 3 g · Sodium 520 mg

Ingredients

- 2 large eggs
 - 1/4 cup shredded cheese (cheddar or paneer)
 - 1/4 onion, finely chopped
 - 1/4 tomato, finely chopped
 - 1/2 green chili, finely chopped
- 1/2 teaspoon cumin powder
 - 1/2 teaspoon turmeric powder
 - 1/2 teaspoon red chili powder
 - Salt, to taste
 - 1 tablespoon oil

Steps

- In a bowl, beat the eggs with a pinch of salt.
- Heat oil in a non-stick pan over medium heat.
- Add chopped onions, tomatoes, and green chili to the pan. Sauté until the onions turn translucent.
- Reduce the heat to low and add cumin powder, turmeric powder, and red chili powder. Mix well.
- Pour the beaten eggs over the sautéed vegetables.
- Sprinkle shredded cheese evenly over the omelette.
- Cover the pan and cook on low heat for about 2-3 minutes, or until the omelette is set and the cheese is melted.
- Carefully fold the omelette in half and transfer it to a serving plate.
- Serve hot with toasted bread or roti.

Substitutions

- Cheddar** – Paneer, crumbled or finely grated
- Green chili** – A small amount of finely chopped jalapeño
- Oil** – An equal amount of ghee

Chef’s tips

- A good set omelette looks matte rather than wet on top, with melted cheese and a tender center.
- Keep the chopped vegetables small so the omelette folds neatly and cooks evenly.
- Have the bread or roti ready before cooking; the omelette is best served straight from the pan.

Drink pairing

A crisp, dry sparkling wine

Its bright acidity and bubbles complement the melted cheese and lively spices without weighing down the omelette.

0% option: Sparkling water with a squeeze of lime

Storage

Refrigerate leftovers within 2 hours in a covered container and use within 3–4 days. Reheat until steaming hot; the omelette may become firmer after chilling.

Frequently asked questions

How can I tell when the omelette is set?

The surface should look mostly matte, with no visibly runny egg, and the cheese should be melted.

Why did my omelette break when I folded it?

It may have been folded before the egg had set, or the filling may have been too wet or bulky. A fully set surface and finely chopped vegetables help.

Can I prepare the vegetables ahead?

Yes. Chop them a few hours ahead and keep them covered in the refrigerator; cook the omelette just before serving for the best texture.