

Keto Indian Masala Omelette

This Indian-inspired masala omelette is perfect for a quick, healthy and flavoursome Keto breakfast.



Breakfast Dish

Indian

10 min

Total time

Easy

Difficulty

300

kcal / serving

Ingredients

- 2 eggs
- 1/4 teaspoon garam masala
- 1/4 teaspoon chilli powder (optional)
- 1/4 teaspoon turmeric powder
- 1 tablespoon ghee
- 2 tablespoons of chopped onion
- 2 tablespoons of chopped tomato
- 1/4 cup of chopped capsicum
- Salt and pepper to taste
- Chopped coriander for garnish

Steps

- 1** In a bowl, whisk together the eggs, garam masala, chilli powder and turmeric.
- 2** In a pan, heat the ghee. Add the onion, tomato and capsicum. Cook for a few minutes.
- 3** Add the egg mixture to the pan, season with salt and pepper. Cook for a few minutes.
- 4** Flip the omelette over and cook for a few minutes on the other side.
- 5** Garnish with chopped coriander and serve hot.