

Spiced Carrot and Egg Stir-Fry

This vibrant Indian-inspired side dish combines the sweetness of carrots with the richness of eggs, all sautéed with aromatic spices and fresh tomatoes. A quick and healthy addition to your meal that packs a flavorful punch!



Side Dish

Indian

15 min

Total time

easy

Difficulty

180

kcal / serving

Ingredients

- 1 large carrot, grated
- 1 large egg
- 1 small onion, finely chopped
- 1 small tomato, chopped
- 1 tablespoon oil
- 1/4 teaspoon cumin seeds
- 1/4 teaspoon turmeric powder
- Salt to taste
- Fresh coriander for garnish (optional)

Steps

- 1 Heat oil in a pan over medium heat and add cumin seeds. Allow them to splutter.
- 2 Add chopped onions and sauté until they turn golden brown.
- 3 Stir in the grated carrot and cook for about 3-4 minutes until slightly softened.
- 4 Add chopped tomatoes, turmeric powder, and salt. Cook until the tomatoes are soft and the mixture is well combined.
- 5 Push the vegetable mixture to one side of the pan, crack the egg on the other side, and scramble it until cooked through.
- 6 Mix the scrambled egg into the carrot and tomato mixture until evenly combined.
- 7 Remove from heat, garnish with fresh coriander if desired, and serve warm.