

Spiced Egg and Potato Bowl with Yogurt Drizzle

This hearty and flavorful bowl combines spiced potatoes, eggs, and creamy yogurt for a satisfying meal. Enhanced with soyabean balls and garnished with fresh coriander, it's perfect for a nutritious breakfast or lunch.


30 min

Total time

Medium

Difficulty

450

kcal / serving

Ingredients

- 1 medium potato, diced
- 1 egg
- 2 tablespoons yogurt
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 1 tablespoon cornflour
- 1/4 cup cooked dal
- 1/4 cup cooked rice
- 2 soyabean balls, cooked
- 2 tablespoons rice flakes
- Fresh coriander leaves, for garnish
- Salt and pepper, to taste
- Oil for cooking

Steps

- 1 In a pan, heat oil over medium heat and sauté the chopped onion until translucent.
- 2 Add the minced garlic and diced potato to the pan and cook until the potato is soft, about 8-10 minutes.
- 3 Stir in the cooked dal, rice, and soyabean balls, mixing well. Season with salt and pepper.
- 4 In a small bowl, whisk the egg with cornflour and a pinch of salt until smooth.
- 5 Pour the egg mixture over the potato mixture in the pan, stirring gently to combine. Cook until the egg is set, about 3-4 minutes.
- 6 Serve in a bowl, topped with yogurt, rice flakes, and fresh coriander leaves.