

Spiced Egg and Potato Curry with Rice

This hearty Indian-inspired dish features a blend of spiced eggs and tender potatoes simmered in a tangy tomato sauce, served alongside fluffy rice. Perfect for a comforting meal that packs a punch of flavor!



Main Dish

Indian

30 min

Total time

Medium

Difficulty

450

kcal / serving

Nutrition per serving (estimated)

Protein 13 g

Carbs 58 g

Fat 18 g

Fiber 5 g · Sugar 6 g · Sodium 650 mg

Ingredients

- 1 large egg
- 1 medium onion, chopped
- 1 small potato, diced
- 1 medium tomato, chopped
- 1/2 cup cooked rice
- 1 tablespoon vegetable oil
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon red chili powder
- Salt to taste
- Fresh coriander for garnish (optional)

Substitutions

- Vegetable oil** – A neutral sunflower or canola oil
- Fresh coriander** – Fresh flat-leaf parsley
- Cooked rice** – An equal amount of cooked basmati rice

Drink pairing

A crisp, off-dry Riesling

Its refreshing acidity and touch of sweetness complement the tangy tomato sauce and balance the chili's heat.

0% option: Sparkling water with lime

Steps

- 1 Heat the vegetable oil in a pan over medium heat. Add cumin seeds and let them sizzle for a few seconds.
- 2 Add chopped onions and sauté until golden brown.
- 3 Stir in the diced potatoes and cook for about 5 minutes, stirring occasionally.
- 4 Add chopped tomatoes, turmeric powder, red chili powder, and salt. Cook until the tomatoes soften.
- 5 Add a splash of water if the mixture is too thick, cover, and let the potatoes cook for about 10 minutes or until tender.
- 6 In a separate pot, boil water and gently lower the egg in. Boil for about 7 minutes for a soft-boiled egg, then peel and set aside.
- 7 Once the potatoes are cooked, gently add the boiled egg to the curry, allowing it to soak up the flavors.
- 8 Serve the spiced egg and potato curry over a bed of cooked rice, garnished with fresh coriander if desired.

Chef's tips

- The curry is ready when the potato pieces yield easily to a fork and the tomato sauce looks cohesive rather than watery.
- Keep the simmer gentle after adding the egg; vigorous bubbling can break the soft yolk and make the curry uneven.
- For a smoother curry, chop the onion and tomato finely; larger pieces leave a chunkier sauce.

Storage

Refrigerate leftovers within 2 hours in a covered container and use within 3–4 days. Reheat until steaming hot; the egg yolk may firm up.

Frequently asked questions

How can I tell when the potatoes are cooked?

A fork should slide into a potato piece easily, with no firm center.

Can I make the curry ahead?

You can prepare the curry base ahead and refrigerate it for up to 3-4 days. Cook the egg and rice close to serving for the best texture.

How spicy is this curry?

The listed chili powder gives it a noticeable kick. The heat can vary by chili powder, so use a mild variety if you prefer gentler spice.