

Spiced Spinach and Carrot Egg Scramble

Start your day with this vibrant Indian-inspired breakfast dish that combines the goodness of spinach, carrots, and eggs, all infused with aromatic spices. This healthy scramble is not only filling but also packed with flavor!



Breakfast Dish

Indian

15 min

Total time

easy

Difficulty

220

kcal / serving

Ingredients

- 1 large egg
- 1/4 cup spinach, chopped
- 1/4 cup carrots, grated
- 1/4 small onion, finely chopped
- 1/4 cucumber, diced
- 1/2 tsp cumin seeds
- 1/4 tsp turmeric powder
- Salt to taste
- 1 tsp oil for cooking
- Fresh coriander for garnish (optional)

Steps

- 1 Heat oil in a non-stick pan over medium heat.
- 2 Add cumin seeds and let them sizzle for a few seconds.
- 3 Add the chopped onion and sauté until translucent.
- 4 Stir in the grated carrots and cook for 2-3 minutes until slightly softened.
- 5 Add the chopped spinach, turmeric powder, and salt. Cook until the spinach wilts.
- 6 In a bowl, beat the egg and pour it into the pan. Stir gently to scramble with the veggies.
- 7 Cook until the egg is just set, then remove from heat.
- 8 Serve warm with diced cucumber on the side and garnish with fresh coriander if desired.