

Spicy Egg & Mung Bean Curry with Red Rice

This vibrant curry combines the earthy flavors of green gram (mung beans) with spiced eggs, served over aromatic red rice.

A wholesome and nourishing dish perfect for a satisfying meal.


45 min

Total time

medium

Difficulty

600

kcal / serving

Ingredients

- 1/2 cup green gram (mung beans), soaked for 4 hours
- 2 large eggs
- 1/2 cup red rice
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1-inch piece ginger, grated
- 1 green chili, slit
- 1/2 teaspoon turmeric powder
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- Salt to taste
- 2 tablespoons oil
- Fresh coriander for garnish
- Water as needed

Steps

- 1 Rinse the soaked mung beans and cook them in a pot with 2 cups of water until tender (about 30 minutes). Drain and set aside.
- 2 In another pot, cook the red rice according to package instructions.
- 3 Heat oil in a pan over medium heat. Add chopped onions, garlic, and ginger; sauté until onions are translucent.
- 4 Add the green chili, turmeric, cumin, and coriander powders. Stir for a minute until fragrant.
- 5 Crack the eggs into the pan and scramble gently, mixing with the spices and onions until just cooked.
- 6 Add the cooked mung beans to the pan, and season with salt. Stir until well combined and heated through.
- 7 Serve the egg and mung bean curry over a bed of red rice, garnished with fresh coriander.