INDIAN · LUNCH · DINNER

Home-Style Egg Curry (Anda Masala)

55 min · Serves 3 · 448 kcal a serve · Video 11:53 · Your Food Lab

Vegetarian · Gluten-free ingredients · No nuts listed

Two eggs each and a blended onion-and-tomato gravy give a serve about 18 g of protein, with selenium and vitamin B12, and the gravy is made silky without cream.

Diet notes: Paleo with a swap: olive, avocado or coconut oil instead of the oil.

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Ingredients 26 · SERVES 3

- [ ] 3 medium **onions**, sliced
- [ ] 2 medium **tomatoes**, roughly chopped
- [ ] 1–2 tbsp **oil**, for the base masala
- [ ] 1 tsp **cumin seeds**
- [ ] a handful of **garlic** (about 20 cloves)
- [ ] 3–4 inch piece of **ginger**
- [ ] 2 **green chillies**
- [ ] a handful of **fresh coriander stems**
- [ ] 1 tbsp **ghee**
- [ ] 1 tbsp **oil**, for the final gravy
- [ ] 2 **bay leaves**
- [ ] 3 **green cardamoms**
- [ ] 1 **black cardamom**
- [ ] 1-inch **cinnamon** stick
- [ ] a large pinch of **cumin seeds**
- [ ] ½ tsp **turmeric powder**, plus a pinch for the eggs
- [ ] 1 tbsp **Kashmiri red chilli powder**, plus a pinch for the eggs
- [ ] 2 tbsp **coriander powder**
- [ ] 1 tsp **hot red chilli powder**
- [ ] **hot water** as needed for the gravy (about 1½ cups)
- [ ] 1 tsp **oil**, for tossing the eggs
- [ ] 6 **hard-boiled eggs**, peeled
- [ ] a pinch of **roasted kasuri methi** (dried fenugreek leaves), crushed
- [ ] a pinch of **garam masala**
- [ ] **salt**: a large pinch in the base, a pinch on the eggs, more to taste
- [ ] a handful of **fresh coriander leaves**, chopped

Allergens found in the listed ingredients: Egg, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat 1–2 tbsp oil, crackle the cumin seeds, then fry the sliced onions on medium heat until deep golden, adding splashes of hot water so they brown evenly without burning. 1:36
2. Add the garlic, ginger, green chillies, coriander stems, tomatoes and a large pinch of salt. Cook 2–3 minutes on high, add a little hot water, cover and cook 10–15 minutes on low until soft. 2:25
3. Cool the mixture, then blend it with a little water to a very smooth purée. 3:31
4. Heat the ghee and 1 tbsp oil in a kadhai, crackle the bay leaves, cardamoms, cinnamon and cumin, then add the purée with the turmeric, Kashmiri chilli, coriander powder and hot chilli powder. Cook 4–5 minutes until the oil separates. 4:12
5. Add hot water to a smooth, medium-thick gravy, cover and simmer on low for 10–15 minutes. 5:36
6. Meanwhile toss the boiled eggs in 1 tsp hot oil with a pinch each of salt, turmeric and Kashmiri chilli for 1–2 minutes. 7:48
7. Add the eggs to the gravy with the kasuri methi and garam masala, adjust the salt and finish with chopped coriander. Serve with roti or rice. 8:36

> **Tip** The base gravy also works with chickpeas, kidney beans or paneer. Use oil instead of ghee to make it dairy-free.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
448 kcal 1,880 kJ	**18 g** 36% of a day	**32 g** 24 g net · 10 g sugars 12% of a day
FIBRE	**FAT**	**SODIUM**
8.1 g 29% of a day	**30 g** 7.1 g saturated 38% of a day	**540 mg** 23% of a day

Energy from net carbs 22% · protein 16% · fat 62% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Omega-3 79% · Selenium 66% · Vitamin B12 46% · Vitamin B6 42% · Vitamin C 40% · Vitamin A 36% · Vitamin E 35% · Vitamin K 35% · Iron 26% · Folate 23% · Zinc 21%

Source of (10–19%) Potassium 18% · Magnesium 17% · Calcium 15% · Vitamin D 11%

Recipe and video: Your Food Lab (@YourFoodLab) on YouTube — youtube.com/watch?v=mFd-4ui43B0, published 16 February 2026. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/home-style-egg-curry-anda-masala