



Masala omelette with toast and chai

Prep: 10 minutes • Cook: 15 minutes • Serves: 2 (2 omelettes and 2 cups of tea)



Ingredients

Masala omelette

4 eggs
1 medium onion, finely chopped
½ small tomato, deseeded & finely chopped
½ green pepper, finely chopped
2 green chillies, finely chopped
1 tablespoon fresh coriander, finely chopped
¼ teaspoon turmeric powder
¼ teaspoon red chilli powder
½ teaspoon garam masala/curry powder
2 teaspoons oil

Chai (Indian tea)

4 green cardamom pods
2 cloves
1 small piece of cinnamon stick or ¼ teaspoon cinnamon powder
1 small piece of fresh ginger, crushed or ¼ teaspoon ginger powder
300ml water
100ml milk
2 teaspoons sugar (optional)
2 tea bags or 2-3 teaspoons of tea leaves

Nutritional info

Low phosphate ✓
Low potassium ✓
Carbohydrate **53.8g**
Low protein ✗
Low salt ✗
Low fat ✓
Cost per portion (November 2023) **£1.71**
Energy in kcals **474**

- 1** In a deep bowl, whisk the eggs. Add the finely chopped vegetables, dry spices, green chillies and fresh coriander. Whisk everything together until well combined.
- 2** Heat 1 teaspoon oil in a pan and add half the egg mixture. Cook for 2 minutes. Turn over and cook on a medium heat for another 2 minutes or until cooked through.
- 3** Repeat step 2 for the remaining egg mixture to make second omelette.
- 4** To make the chai, start with making a dry powder of cardamom, cloves and cinnamon using a pestle and mortar, or in a mixer grinder.
- 5** Heat the water in a saucepan. Add the ground spices, freshly-crushed ginger or ginger powder and tea bag or tea leaves. Bring this mixture to the boil, then reduce heat to medium. Let it boil for 2-3 minutes, until mixture looks dark. If using tea bags, remove them at this stage.
- 6** Add milk and sugar (if using). Boil for a further 2-3 minutes. Strain the chai and serve hot with masala omelette, tomato ketchup and toasted bread slices.