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EGG RECIPES

a compilation of
keto friendly egg recipes.



BOILED EGGS

- Place eggs in a large saucepan
- Cover them with cool water by 3-4 inch
- Cover pan with a lid and bring water to a rolling boil over high heat
- When the water has reached a boil, set the timer for the desired time.
- Boil for 7-10 minutes over medium-high heat for perfect hard boiled eggs





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- In a mixing bowl, crack 2 eggs, add 10g chopped onions, 20g chopped mushrooms, 20g chopped capsicum, salt, pepper and red chilli powder or green chillies.
- In a pan, heat some ghee or butter, pour in the egg batter.
- Cook on both sides on a medium flame. Fold with a spatula. Serve immediately.

VEGETABLE OMELETTE



CLOUD EGGS

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- Separate 2 eggs (yellow and the whites)
- Whisk the whites to stiff peaks after seasoning with salt and add a drop or 2 of lime to help stiffen
- Fold in the egg whites gently, add some parsley and 50g cheese into it.
- Place on a parchment sheet on a baking tray and make 2 clouds spooning a dip in the centre for the yolks
- Bake at 200 C/ 390 F for 3 minutes
Add the egg yolks in the hollow section of the whites and bake for 3 minutes more

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EGG BHURJI/ SCRAMBLED EGGS



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- In a pan, heat 2 tbsp ghee, add 1/2 chopped onion, 1 chopped green chilli, 1 tsp turmeric, salt, pepper, pav bhaji masala (optional) and cook for 3-5 mins. Till the onions become translucent. Can add any other vegetable of your choice.
- Add 2-3 eggs, whisk them thoroughly until cooked.
- Garnish with coriander.

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ANDA MASALA

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- Boil 2 eggs and peeling them. Then prick them with a fork.
 - Heat 2 tbsp butter in the pan and add in 30g of onions, 1 tsp cumin, 1 tsp coriander powder, 1 tsp ginger garlic paste, salt, 1/2 tsp turmeric, 1/2 tsp garam masala, 1 clove, 1 cardamom and fry together till the onions are golden. Add 40g tomatoes and cook for 1 min.
 - Add in the eggs and mix well and cook till the eggs start to get some colour.
 - Add in 1/2 cup of water and cover and cook for 10 mins. Stir occasionally to ensure nothing burns. Season to taste
- Add in the kasuri methi and mix in well.
Finish with coriander and serve.

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