



Poached Omellete

Serving: 1

Veg

Ingredients

- -Egg whites- 2
- -Onion- 1 small chopped finely
- -Tomato- 1 small chopped finely
- -Spinach- $\frac{1}{2}$ cup chopped
- -Green chilli- 1
- -Red chilli powder- $\frac{1}{4}$ tsp
- -Turmeric powder- a pinch
- -Cumin seeds- $\frac{1}{4}$ tsp
- -Salt- as per taste
- -Oil- $\frac{1}{2}$ tsp

Preparation Method

1. Heat the oil in a pan, add cumin seeds, onion, tomato and saute for a minute.
2. Add spinach and cook on low flame.
3. Sprinkle red chilli powder and turmeric powder onto it.
4. Once the gravy is ready, make two holes in gravy and add egg whites in them.
5. Let it cook till egg whites are set. Remove in plate and serve.