**Chettinad Egg Curry**

Prep time: 15 min Cook time: 25 min

**Ingredients:**

* 6 boiled eggs (peeled)
* 1 tbsp olive oil or coconut oil
* 1 large onion, finely chopped
* 2 tomatoes, chopped
* 1-2 green chilies (adjust to spice preference)
* 1-inch piece of ginger, grated
* 2-3 cloves garlic, minced
* 1/2 tsp turmeric powder
* 1 tsp red chili powder
* 1 tsp coriander powder
* 1/2 tsp cumin powder
* 1 tsp fennel seeds
* 1 sprig curry leaves
* 1/2 tsp mustard seeds
* 1/2 tsp garam masala (optional for extra flavor)
* Low sodium salt to taste
* Fresh cilantro for garnish
* Water as needed

**For the Chettinad Masala Paste:**

* 1 tsp cumin seeds
* 1 tsp black peppercorns
* 1 tbsp coriander seeds
* 2-3 dried red chilies
* 1/2 tsp fenugreek seeds
* 1/2 tsp cinnamon
* 2-3 cloves

**Instructions:**

**Prepare Chettinad Masala Paste**

1. Dry roast the cumin seeds, black peppercorns, coriander seeds, dried red chilies, fenugreek seeds, cinnamon, and cloves in a pan for 2-3 minutes until aromatic.
2. Cool the spices and grind them into a smooth paste using a little water. Set aside.

**Prepare the Curry**

1. Heat olive oil or coconut oil in a pan over medium heat.
2. Add mustard seeds and fennel seeds. Once they splutter, add curry leaves.
3. Add chopped onions and sauté until golden brown.
4. Add minced garlic, grated ginger, and green chilies. Sauté for another 2 minutes.
5. Stir in the chopped tomatoes, turmeric, red chili powder, coriander powder, cumin powder, and salt. Cook until the tomatoes soften.
6. Add the prepared Chettinad masala paste to the pan and cook for 3-4 minutes until the oil begins to separate from the masala.
7. Add a little water to create a gravy consistency. Let it simmer for 5-7 minutes.
8. Gently add the boiled eggs to the gravy. Stir carefully so the eggs don’t break. Cover and cook for 5 minutes, allowing the eggs to absorb the flavors.
9. Sprinkle garam masala (optional) and cook for an additional 2 minutes.

**Garnish and Serve**

1. Garnish with fresh cilantro.
2. Serve hot with brown rice, roti, or whole wheat parathas.