**Muttai Thokku**

Prep time: 10 min Cook time: 25 min

**Ingredients:**

* 4 large eggs
* 1 tbsp olive oil (or any healthy oil of your choice)
* 1 large onion, finely chopped
* 2 tomatoes, pureed
* 2 green chilies, slit
* 1-inch piece of ginger, finely chopped
* 3-4 garlic cloves, minced
* 1/2 tsp turmeric powder
* 1 tsp red chili powder
* 1 tsp coriander powder
* 1/2 tsp cumin powder
* Low sodium salt, to taste
* Fresh coriander leaves for garnish
* 1/2 cup water (adjust for desired consistency)

**Instructions:**

**Boil the Eggs:**

1. Place the eggs in a saucepan and add enough water to cover them.
2. Bring it to a boil and let them cook for about 10-12 minutes until they are hard-boiled.
3. Drain the water, peel the eggs, and set them aside.

**Prepare the Thokku Base:**

1. Heat olive oil in a pan over medium heat. Add the chopped onions and sauté them until golden brown.
2. Add ginger, garlic, and green chilies, and sauté for another minute until aromatic.
3. Add pureed tomatoes, turmeric powder, red chili powder, coriander powder, cumin powder, and salt.
4. Cook this mixture for about 8-10 minutes, stirring occasionally until the tomatoes soften and the oil starts to separate from the masala.

**Combine Eggs with the Thokku:**

1. Cut the boiled eggs into halves or quarters, depending on your preference.
2. Add the eggs to the tomato-based gravy.
3. Gently mix the eggs into the thokku, making sure they are well-coated with the sauce.
4. Add water and simmer for another 5-7 minutes, allowing the flavors to blend.

**Garnish and Serve:**

1. Garnish with fresh coriander leaves and serve hot with whole wheat chapati, brown rice, or steamed vegetables for a healthy meal.