



Spicy tiffin eggs



Vegetarian



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 large eggs
- ☐ 2 tbsp olive oil
- ☐ 1 onion chopped
- ☐ 250 g carrots grated
- ☐ 2 tbsp miso
- ☐ 200 g breadcrumbs
- ☐ 85 g roasted cashews finely chopped

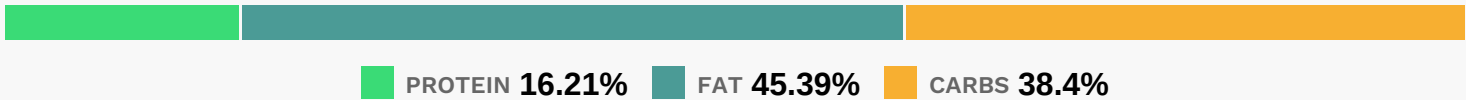
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife

Directions

- ☐ Put 6 of the eggs in a pan of cold water and bring to the boil. Boil for 5 mins, then cool quickly in cold water. Carefully shell. It's important to always use the egg size stated in the recipe.
- ☐ While the eggs are cooling, heat the oil, fry the onion for 5 mins, then add the carrot and cook for 10 mins more until soft. Stir in the curry paste and fry for a few mins more. Stir in the bread, then, when the mixture is cool, beat the remaining egg and stir in with seasoning to make a paste.
- ☐ Divide the mixture into 6 and flatten with your hands (if the mixture youre using to coat the eggs in is a little sticky and clinging to your hands rather than the egg, wet your hands a little, or rub with a drop of sunflower oil), then use to wrap round each egg the mixture will seal well as you press it together.
- ☐ Roll in the cashews and chill until ready to cook.
- ☐ Rolling peeled eggs in a dusting of flour can help your coating mixture to stick if youre having trouble. The prepared eggs can be kept in the fridge overnight.
- ☐ Heat oven to 190C/fan 170C/gas 5, then bake the eggs for 15–20 mins. Cool for 5 mins, then carefully cut in half using a very sharp knife.
- ☐ Serve with a bowl of mango chutney and a salad to make a main meal.

Nutrition Facts



Properties

Glycemic Index:22.47, Glycemic Load:2.39, Inflammation Score:-10, Nutrition Score:20.975652176401%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 373.29kcal (18.66%), Fat: 19.01g (29.25%), Saturated Fat: 4.25g (26.55%), Carbohydrates: 36.19g (12.06%), Net Carbohydrates: 32.48g (11.81%), Sugar: 6.1g (6.77%), Cholesterol: 217mg (72.33%), Sodium: 570.04mg (24.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.28g (30.56%), Vitamin A: 7281.13IU (145.62%), Selenium: 28.5µg (40.71%), Manganese: 0.57mg (28.58%), Vitamin B2: 0.47mg (27.74%), Vitamin B1: 0.42mg (27.7%), Phosphorus: 268.83mg (26.88%), Copper: 0.49mg (24.56%), Folate: 85.33µg (21.33%), Iron: 3.81mg (21.18%), Magnesium: 67.72mg (16.93%), Vitamin K: 17.33µg (16.51%), Zinc: 2.31mg (15.37%), Fiber: 3.71g (14.84%), Vitamin B3: 2.94mg (14.68%), Vitamin B5: 1.41mg (14.06%), Vitamin B6: 0.27mg (13.33%), Calcium: 121.29mg (12.13%), Vitamin E: 1.72mg (11.47%), Potassium: 397.92mg (11.37%), Vitamin B12: 0.64µg (10.67%), Vitamin D: 1.17µg (7.78%), Vitamin C: 3.82mg (4.62%)