

Egg vegetable bhurjee with Methi Thepla or Paratha

Egg Vegetable Bhurjee (Serves 2)

Calories per serving: ~180-200 kcal

Ingredients:

- Eggs – 4 (whole or 3 whites + 1 whole for lower calories)
- Onion – 1 medium, finely chopped
- Tomato – 1 medium, finely chopped
- Capsicum – ½, finely chopped
- Green chili – 1, finely chopped (optional)
- Garlic – 2 cloves, minced
- Ginger – ½ inch, grated
- Turmeric powder – ¼ tsp
- Red chili powder – ½ tsp
- Coriander powder – ½ tsp
- Cumin seeds – ½ tsp
- Garam masala – ¼ tsp
- Salt – to taste
- Oil – 1 tsp (preferably mustard oil or ghee)
- Fresh coriander – for garnish

Instructions:

1. Heat oil in a pan and add cumin seeds. Let them splutter.
 2. Add garlic, ginger, and green chili. Sauté for 30 seconds.
 3. Add onions and sauté until golden brown.
 4. Add tomatoes and capsicum. Cook for 2-3 minutes until soft.
 5. Add turmeric, red chili, coriander powder, and salt. Mix well.
 6. Crack eggs directly into the pan and stir continuously to scramble them.
 7. Cook on low heat until eggs are fully cooked and mixed well with vegetables.
 8. Sprinkle garam masala and fresh coriander. Serve hot.
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Methi Thepla/Paratha (Serves 4, ~100-120 kcal per thepla)

Ingredients:

- Whole wheat flour – 1 cup
- Fresh methi (fenugreek) leaves – ½ cup, finely chopped
- Turmeric powder – ¼ tsp
- Red chili powder – ½ tsp
- Cumin powder – ½ tsp
- Carom seeds (ajwain) – ¼ tsp
- Yogurt – 2 tbsp (optional, for softness)
- Salt – to taste
- Water – as needed
- Oil – 1 tsp (for kneading and cooking)

Instructions:

1. In a mixing bowl, combine wheat flour, methi leaves, turmeric, red chili powder, cumin powder, ajwain, salt, and yogurt.
2. Add water gradually and knead into a soft dough. Rest for 10 minutes.
3. Divide into equal portions and roll out into thin theplas/parathas.
4. Heat a tawa (griddle) and cook each thepla with minimal oil until golden brown spots appear on both sides.
5. Serve hot with egg bhurjee and a side of yogurt or green chutney.

Macros Per Serving (1 thepla + 1 serving bhurjee):

- **Calories:** ~280-320 kcal
- **Protein:** ~15-18g
- **Carbs:** ~35-40g
- **Fats:** ~8-10g

This meal is rich in fiber, protein, and essential vitamins, making it great for fat loss while keeping you full.