

Spicy egg burger, served with cumin tomato sauce and watercress

(Serves 1)

For the Burger



- 2 eggs beaten
- 1 potato cake crumbed
- ½ small rocket chilli
- 2 cm piece ginger
- Salt to taste
- ¼ tsp turmeric
- ¼ tsp Garamasala
- Light olive oil
- Coriander Leaves

For The Sauce



- 2 medium vine tomatoes diced
- ½ tsp whole cumin
- Black salt to taste
- ½ tsp ground cumin powder
- 1 tablespoon water
- Light Olive oil

Method

Beat the eggs and add the potato cake crumbs. Mash the ginger and chilli in a food processor and add to egg mixture. Add the salt, turmeric, garamasala and coriander leaves. Heat 1 tablespoon of oil in a good non-stick frying pan and grease a 4 inch deep ring. Place in the pan and pour in mixture. Cook on a low heat and cover with foil. Cook for 2 mins. Meanwhile heat some oil in a pan and when hot add the whole cumin and cook through till the aroma comes through, add the diced tomatoes and salt and ground cumin and 1 tbs water stir well. Allow the tomatoes to soften on simmer. Return back to the burger and turn it over, remove the ring and gently continue to cook the other side for 30secs on a low heat.

Serve the burger with the sauce over the top and garnished with the water cress.



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