



INDIAN COOKING

28 Oct 2021

Chennai Masala Omelette Bread

Equipment

Non stick tava/crepe pan

Ingredients

Makes 1 sandwich

Omelette ingredients:

- 2 eggs
- 1 tbsp onion, finely chopped
- 1 tbsp red pepper, finely chopped
- 1 green chilli, finely chopped
- 2-3 stems of coriander, chopped
- ½ tsp salt, or according to taste
- ½ tsp pepper

You will also need:

- 2 tbsp oil
- ¼ tsp cumin seeds
- 2x pieces bread
- ¼ tsp Chaat Masala
- Coriander & mint chutney
- Tomato ketchup

Directions

1. In a bowl add together all of the “omelette ingredients”. Whisk well for 15-20 seconds, until fluffy.
2. Pour 2tbsp of oil onto your pan making sure it is evenly spread and place on a low/medium heat.
3. Once your pan is moderately hot, sprinkle over a pinch of cumin seeds. Then, pour on the omelette mixture and tip your pan so the mixture spreads evenly all over it.
4. Place the pan back on the hob and sprinkle over a couple of pinches of Chaat Masala.
5. Now, place 2 pieces of bread in the middle of your omelette, leaving a little gap in between.
6. Thinly spread coriander & mint chutney on one piece of bread and tomato ketchup on the other piece.
7. Cook the omelette for 1-2 minutes.
8. When you see it is cooked, using a spatula, flip the left side of the omelette so it is now covering the left 2 sides of the bread and repeat on the right side.
9. Then flip the top piece of bread onto the bottom bread to form a sandwich.
10. If you would like it a little crispier, press down on the sandwich with your spatula.
11. Remove from the pan and place on a piece of kitchen paper to drain any excess oil.
12. Serve immediately.