

# PARSI OMELET



*Parsis (parsees) are the community of Persian Zoroastrians who emigrated to India to avoid religious persecution in 700AD. They live primarily in Mumbai and have a very distinct culture. The parsi population is rapidly dwindling. As of 2019, it has been estimated that there are 100,000 to 200,000 Zoroastrians worldwide, with around 60,000 Parsis in India. The Parsi omelet is a traditional omelet made with spices, best eaten with warm "rotis" and masala chai.*

## Ingredients

- 4 eggs
- 2 tablespoon milk (or cream)
- ½ chopped (medium) onion
- ¼ teaspoon crushed ginger
- ¼ teaspoon crushed garlic
- Optional: ½ finely chopped green chillies
- ½ teaspoon ground cumin seeds
- ½ teaspoon ground coriander seed
- ¼ teaspoon garam masala
- ¼ teaspoon turmeric powder
- 2 tablespoon chopped cilantro
- Optional : 1 tablespoon green mango (chopped into small pieces)
- Salt to taste
- Ghee / oil for cooking
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**PREPARATION: 10MIN**

**COOKING: 2-5MIN**

**READY IN: 15MIN**

Fry onions, ginger and garlic in a little ghee/ oil for a few minutes until onions are translucent.

Mix eggs, milk, spices, coriander leaves in a bowl and beat everything well together with a fork.

Add a little more oil to the pan (with the onions, ginger, garlic and chillies) and add the beaten egg mixture.

Cook for 2-3 minutes or till the underside is done. Flip it over and cook till other side is similarly done.

Zahir Antia