TURKISH · LUNCH · DINNER

Antalya Piyazı (Turkish White Bean Salad with Tahini)

Antalya usulü piyaz

80 min · plus overnight soaking | Serves 6 | 482 kcal a serve | Video 4:34 in Turkish · Figen Ararat

Vegetarian | Gluten-free ingredients | No dairy listed | No nuts listed

19 g protein and 11.5 g fibre a serve from white beans, tahini and eggs, dressed with olive oil, lemon and plenty of raw onion and parsley: a vegetarian meal in itself, with 32 g net carbs.

Diet notes: Low saturated fat (4.2 g, 8% of the energy).

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Ingredients 12 · SERVES 6

- [ ] **dried white beans** (kuru fasulye), 2 glasses (2 × ¾ cup, about 11 oz), soaked overnight and boiled
- [ ] **tahini**, 1 Ajda glass (¾ cup)
- [ ] 2 cloves **garlic**, crushed with salt
- [ ] **lemon juice**, ½ çay bardağı (about ¼ cup)
- [ ] **salt**, 1 tatlı kaşığı (2 tsp)
- [ ] **ground cumin**, ½ çay kaşığı
- [ ] **vinegar**, 1 Ajda glass (¾ cup)
- [ ] **olive oil**, ½ çay bardağı (about ¼ cup), plus a drizzle to finish
- [ ] 2 **onions**, thinly sliced
- [ ] 2 **tomatoes**, seeded and diced
- [ ] 2 **hard-boiled eggs**, finely chopped
- [ ] ½ bunch **parsley**, finely chopped

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Sesame. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Soak the dried beans overnight, then boil them in fresh water until tender and drain. 0:50
2. For the tarator sauce, put the tahini in a bowl and stir in the garlic crushed with a little salt and the lemon juice. 1:00
3. Add 2 tsp (1 tatlı kaşığı) salt and a pinch (½ çay kaşığı) of cumin, then slowly whisk in the vinegar and the olive oil until smooth and pourable. 1:23
4. Spread the beans on a platter and cover them with the thinly sliced onions. 2:00
5. Layer the seeded, diced tomatoes and the finely chopped boiled eggs on top. 2:16
6. Pour plenty of the tahini sauce over everything, scatter with parsley, decorate with a little more tomato and egg and finish with a drizzle of olive oil. 2:40

Tip Serves 6 is our estimate (the cook plates a smaller amount for two). In Antalya it is eaten with grilled köfte. Canned beans work: about 3 drained 14 oz cans.

The method is a summary in our words, in English — the video (in Turkish) shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
482 kcal	**19** g	**43** g	**11** g	**28** g	**840** mg
2,020 kJ	39% of a day	32 g net · 4.3 g sugars	41% of a day	4.2 g saturated	37% of a day
		16% of a day		35% of a day	

Energy from net carbs 28% · protein 17% · fat 55%

High in (20%+ of a day) Vitamin K 45% · Iron 42% · Folate 38% · Zinc 31% · Selenium 31% · Magnesium 27% · Potassium 21% · Calcium 20% · Omega-3 20%

Source of (10–19%) Vitamin C 19% · Vitamin E 19% · Vitamin B6 17%

Recipe and video: Figen Ararat (@FigenAraratYouTube — youtube.com/watch?v=ul51jclHh-k, published 27 July 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/antalya-piyazi-bean-salad-tahini