AFGHAN · DINNER · LUNCH

Kabab Degi (Afghan Pot-Steamed Beef Kebab)

کباب دیگی

50 min · Serves 4 · 520 kcal a serve · Video 5:22 in Persian · see cooking

Gluten-free ingredients · No dairy listed · No nuts listed

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About 62 g protein and 8 g net carbs a serve: beef seared, then steamed tender with garlic, turmeric and coriander, with no flour, rice or sugar in the pot. Rich in zinc and vitamin B12.

Diet notes: Low carb (8 g net carbs) but not keto: 46% of the energy is from fat, and keto meals get about 60% or more; Paleo with a swap: olive, avocado or coconut oil instead of the vegetable oil.

Ingredients 12 · SERVES 4

- [ ] **vegetable oil** for frying the meat (about 4 tbsp counted as eaten)
- [ ] 1 kg **boneless beef or veal**, in large chunks
- [ ] 1 tsp **salt**
- [ ] 1 tsp **ground black pepper**, plus a little to serve
- [ ] 1 tsp **ground coriander seed**
- [ ] ½ tsp **turmeric**
- [ ] 1 tbsp grated **garlic**
- [ ] 1 medium **onion**, peeled and left whole
- [ ] 1 whole head of **garlic**, left whole
- [ ] 2 **long peppers** (1 green, 1 red), roasted over the flame, to serve (optional)
- [ ] a little **lemon**, to squeeze over
- [ ] a pinch of **red chilli flakes**, to serve

Allergens found in the listed ingredients: none. 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. Heat a generous layer of oil in a deep frying pan until very hot. Add the beef chunks and fry, turning, until browned all over and slightly shrunk, about 5–8 minutes. 0:25
2. Lift the meat out of the oil into a pressure cooker. Add the salt, black pepper, ground coriander, turmeric and grated garlic, then tuck in the whole peeled onion and the whole head of garlic. 1:21
3. Pour in 1 large drinking glass of water (the cook's glass holds about 2 small tea glasses), lock the lid and cook on medium heat for 25–30 minutes, until the meat is tender and the water has been absorbed. 2:08
4. Release the pressure and open the pot. For the smoky Kabul-restaurant taste, set a glowing piece of charcoal in a small foil cup on the meat, drip a little oil onto it and cover for a few minutes. 2:35
5. Meanwhile, if you like, roast the long peppers directly over a gas flame until blistered and soft. 3:52
6. Remove the coal. Serve the kebab with the soft cooked onion and garlic, the roasted peppers, a squeeze of lemon, chilli flakes and a little black pepper. 4:20

> **Tip** In Kabul it is served on naan with sour unripe grapes; with a salad it stays low in carbs. Serves 4 is our estimate for 1 kg of meat. Without a pressure cooker, simmer covered until tender, adding water as needed.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
520 kcal	**62** g	**9.7** g	**1.7** g	**27** g	**710** mg
2,180 kJ	125% of a day	8 g net · 2.2 g sugars 4% of a day	6% of a day	6.3 g saturated 34% of a day	31% of a day

Energy from net carbs 6% · protein 48% · fat 46% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 213% · Zinc 144% · Selenium 122% · Omega-3 81% · Vitamin B6 71% · Iron 35% · Vitamin C 23%

Source of (10–19%) Vitamin E 18% · Potassium 16% · Magnesium 13% · Vitamin K 13%

Recipe and video: see cooking (@seecooking11) on YouTube — youtube.com/watch?v=UAk2lbzxs-E, published 14 June 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/kabab-degi-afghan-beef