RUSSIAN · SIDE · SNACK

Zucchini Caviar (Russian Kabachkovaya Ikra Spread)

Кабачковая икра

70 min · Makes 16 × ¼ cup (60 g) · 71 kcal a portion · Video 5:12 in Russian · Yuliya Small

Vegan · Gluten-free ingredients · No nuts listed

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A vegan vegetable spread with about 5 g net carbs in a ¼-cup serve — mostly zucchini, carrot and onion cooked down with tomato, with under 1 g of added sugar a serve.

Diet notes: Low carb (5.4 g net carbs) but not keto: 59% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0.4 g, 5% of the energy); DASH-friendly (160 mg sodium a serve).

Ingredients

11 · MAKES 16 × ¼ CUP (60 G)

- [ ] 1 kg **zucchini**, peeled (seeds removed if large) and diced
- [ ] 250 g **carrots**, peeled and coarsely grated
- [ ] 300 g **onions**, finely chopped
- [ ] 70 g **neutral vegetable oil**
- [ ] 80 g **tomato paste**
- [ ] 1 tsp **salt**
- [ ] 1 tbsp **sugar**
- [ ] ¼ tsp **ground black pepper**
- [ ] a little **dried garlic** (optional)
- [ ] a little **ground coriander** (optional)
- [ ] 1 tbsp 9% **vinegar**

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. Peel the zucchini and trim the ends; if they are large and seedy, scoop out the middle. Cut into small cubes — you want 1 kg prepared weight. 0:36
2. Peel the carrots and grate them coarsely (or chop finely), and chop the onions into small dice. 1:13
3. Heat the 70 g oil in a frying pan and fry the onion until lightly golden. 1:35
4. Add the carrot and fry 2–3 minutes, then stir in the tomato paste and fry a couple of minutes more. 1:54
5. Scrape the fried vegetables into a heavy-based pot and put the zucchini on top. Add the salt, sugar, pepper and, if you like, a little dried garlic and ground coriander. 2:23
6. Cover and stew on the lowest heat until the zucchini is completely soft, lifting the lid now and then to stir so nothing catches. 2:56
7. Take the pot off the heat and blend everything with a stick blender until smooth. 3:26
8. Return to medium heat and bring to the boil, stirring constantly (it splutters). Stir in the vinegar, turn off the heat and let it cool. Keep in a covered jar in the fridge. 3:41

> **Tip** Makes about 1 litre. Spread it on rye bread, or serve with eggs or grilled meat. Keeps about a week in the fridge; the cook seals it in sterilised jars for winter, which we don't cover here.

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

One portion, ¼ cup (60 g), gives you

1 OF 16 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
71 kcal	1.3 g	7 g	1.6 g	4.7 g	160 mg
300 kJ	3% of a day	5.4 g net · 4.4 g sugars	6% of a day	0.4 g saturated	7% of a day
		3% of a day		6% of a day	

Energy from net carbs 31% · protein 8% · fat 61%

High in (20%+ of a day) Omega-3 27%

Source of (10–19%) Vitamin A 16% · Vitamin C 16%

Recipe and video: Yuliya Small (@YuliyaSmall) on YouTube — youtube.com/watch?v=tCRJhGMVqHI, published 26 September 2019. 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/kabachkovaya-ikra