SYRIAN · DINNER · LUNCH

Kebab Batinjan (Aleppo Eggplant and Lamb Kebab Bake)

كباب الباذنجان

60 min · Serves 5 · 561 kcal a serve · Video 4:18 in Arabic · Heba Nahhas I هبة نحاس

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

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39 g protein and under 5 g net carbs a serve: spiced minced lamb baked between slices of eggplant, with no bread or rice in the dish; a serve is rich in vitamin B12 and zinc.

Diet notes: Keto (4.6 g net carbs a serve); Paleo with a swap: olive, avocado or coconut oil instead of the vegetable oil.

Ingredients 7 · SERVES 5

- [ ] 2¼ lb **kebab meat** (minced lamb with some fat)
- [ ] ½ tsp **salt**, for the meat
- [ ] ½ tsp **seven-spice** (baharat), for the meat
- [ ] 4 **long eggplants**, sliced into thick rounds
- [ ] ¼ cup **vegetable oil**
- [ ] a pinch of **salt**, for the eggplant
- [ ] a pinch of **seven-spice**, for the eggplant

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

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. Cut the eggplants into thick rounds, leaving the skin on. 0:24
2. Toss the eggplant slices in a bowl with the oil and a pinch each of salt and seven-spice until every slice is coated. 1:10
3. Season the kebab meat with ½ tsp salt and ½ tsp seven-spice, then flatten small portions into round patties about the size of the eggplant slices. 1:50
4. Stand the eggplant slices and meat patties upright in a round baking dish, alternating them in tight circles until the dish is full. 2:30
5. Bake in a hot oven until the meat is browned and cooked through and the eggplant is soft, then serve straight from the dish. 3:08

> **Tip** Serves about 5 (our estimate for 2¼ lb of meat). In Aleppo it is eaten with bread or rice and a salad; the salad is the low-carb choice. Beef mince with a little fat works too.

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

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
561 kcal	39 g	9.6 g	5 g	41 g	430 mg
2,350 kJ	78% of a day	4.6 g net · 5.6 g sugars	18% of a day	13 g saturated	19% of a day
		3% of a day		52% of a day	

Energy from net carbs 3% · protein 29% · fat 68% — fits keto: 4.6 g net carbs, 68% of the energy from fat

High in (20%+ of a day) Vitamin B12 162% · Omega-3 94% · Selenium 69% · Zinc 67% · Iron 21% · Vitamin B6 20%

Source of (10–19%) Potassium 19% · Vitamin E 18% · Vitamin K 16% · Folate 16% · Magnesium 14%

Recipe and video: Heba Nahhas I هبة نحاس (@heba-nahhas) on YouTube — youtube.com/watch?v=e5NX626eBEE, published 20 May 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/kebab-batinjan-aleppo-eggplant-kebab