PERSIAN · SIDE

Mirza Ghasemi (Smoky Eggplant, Tomato and Egg)

میرزاقاسمی

80 min · Serves 8 · 311 kcal a serve · Video 27:33 in Persian · Yummy Gastronomy

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

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About 12 g net carbs and 8 g fibre a serve from smoky eggplant and tomato, with eggs adding 12 g protein: a filling vegetable dish with no flour or sugar.

Diet notes: Low saturated fat (3.3 g, 9.5% of the energy); Paleo with a swap: olive, avocado or coconut oil instead of the sunflower oil.

Ingredients 8 · SERVES 8

- [ ] 2 kg **eggplants**, roasted over a wood or charcoal fire and peeled
- [ ] 1 kg **ripe tomatoes**, peeled and diced
- [ ] 10–12 **fresh eggs**
- [ ] 1 whole head of **garlic**, finely chopped
- [ ] 120 ml **sunflower oil**
- [ ] 2 tsp **turmeric** (1 Persian dessert spoon)
- [ ] 2 tsp **freshly ground black pepper** (1 Persian dessert spoon)
- [ ] 1 tbsp **salt**

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

Allergens found in the listed ingredients: Egg. 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. Roast the whole eggplants over a wood or charcoal fire (or a gas flame), turning, until the skins are charred and the flesh is completely soft. Cool a little, then peel. 2:35
2. Chop the smoky eggplant flesh with a large knife until it is almost a coarse purée. 4:30
3. Peel the tomatoes and cut them into small dice. 6:20
4. Warm some of the oil in a frying pan, add half the garlic and cook gently until fragrant but not browned. Add the tomatoes with some of the salt and turmeric, and cook covered until soft and saucy. 7:00
5. In a second wide pan warm more oil with the rest of the garlic, add the eggplant and fry, stirring, until it has lost its water and darkened a little. Add the rest of the turmeric only for the last minute so it does not burn. 11:26
6. Tip the tomato sauce into the eggplant and stir them together. 17:40
7. Beat the eggs and pour them into a third pan with a little oil. Let them set softly, break them into large curds and grind black pepper over them, then fold them into the eggplant. 19:10
8. Cook on low heat for about 15 minutes, stirring now and then; if it gets too thick add a small glass of water. Serve warm. 22:30

> **Tip** In Gilan it is lunch with kateh rice; as a starter with flatbread, or with cauliflower rice, it stays low in carbs. Serves 8 is our estimate. Keeps 3 days in the fridge.

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

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
311 kcal	12 g	20 g	7.9 g	22 g	970 mg
1,300 kJ	25% of a day	12 g net · 11 g sugars 7% of a day	28% of a day	3.3 g saturated 28% of a day	42% of a day

Energy from net carbs 16% · protein 16% · fat 68% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Omega-3 81% · Selenium 41% · Vitamin B12 32% · Vitamin E 29% · Vitamin C 26% · Vitamin B6 24% · Vitamin K 23% · Folate 23%

Source of (10–19%) Potassium 19% · Vitamin A 17% · Zinc 14% · Magnesium 12% · Iron 11%

Recipe and video: Yummy Gastronomy (@YummyGastronomy) on YouTube — youtube.com/watch?v=smEyXtF_KoQ, published 25 March 2022. 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/mirza-ghasemi-smoky-eggplant