PERSIAN · BREAKFAST · SIDE

Nargesi (Persian Spinach and Eggs)

نرگسی

40 min · Serves 4 · 438 kcal a serve · Video 12:57 in Persian · maryamamiri.atreseeb

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

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About 18 g protein, 10 g fibre and 12 g net carbs a serve from a big pan of spinach with eggs: rich in vitamins K and A, folate, magnesium and iron, with no flour or sugar.

Diet notes: Low saturated fat (4.1 g, 8% of the energy); Paleo with a swap: olive, avocado or coconut oil instead of the vegetable oil.

Ingredients 8 · SERVES 4

- ☐ 120 ml **vegetable oil**
- ☐ 2 **onions**, cut into thin strips
- ☐ 2 kg **fresh spinach** (about 1.5 kg once cleaned), washed and well drained, thin stems kept
- ☐ 1 tsp **turmeric**
- ☐ ½ tsp **ground black pepper**
- ☐ 1 tsp **salt**
- ☐ 4 **eggs**
- ☐ a pinch of **paprika**, to sprinkle (optional)

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. Cut the onions into thin strips and separate them. 0:57
2. Warm the oil in a wide frying pan, add the onions, stir once, then let them fry gently until light golden. 2:05
3. Meanwhile wash the spinach, keeping the thin stems, and leave it until the water has drained off completely. Chop it coarsely; it shrinks a lot. 3:23
4. When the onion is golden, stir in the turmeric, lower the heat so it does not burn, then add the black pepper and fry briefly. 5:46
5. Turn the heat up high and add the spinach. Stir until it collapses and its water cooks off quickly; high heat stops it stewing in its own juice. 6:35
6. Keep cooking until the spinach starts to fry and brown, scraping the bottom of the pan. Season with the salt. 8:22
7. Make 4 hollows and crack an egg into each (or stir them through). Cover, turn the heat to low and cook a few minutes until the eggs are just set. 9:55
8. Serve straight from the pan, with a pinch of paprika on the eggs if you like. 11:03

> **Tip** Eaten for breakfast, a light lunch or supper with fresh bread, yoghurt and doogh; with yoghurt alone it stays low in carbs. Serves 4 is our estimate. Use less oil if you like; the cook says the amount is up to you.

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
438 kcal	18 g	22 g	9.8 g	34 g	940 mg
1,830 kJ	36% of a day	12 g net · 5.2 g sugars	35% of a day	4.1 g saturated	41% of a day
		8% of a day		44% of a day	

Energy from net carbs 11% · protein 17% · fat 72% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin K 1526% · Vitamin A 204% · Folate 191% · Omega-3 190% · Vitamin C 123% · Vitamin E 87% · Magnesium 74% · Iron 62% · Vitamin B6 53% · Potassium 49% · Selenium 36% · Calcium 32% · Zinc 24% · Vitamin B12 23%

Recipe and video: maryamamiri.atreseeb (@maryamamiri.atreseeb) on YouTube — youtube.com/watch?v=WTq4C56ORzk, published 27 October 2025. 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/nargesi-persian-spinach-eggs