PERSIAN · BREAKFAST · LUNCH · DINNER

Kuku Sabzi (Persian Herb Frittata)

40 min · Serves 6 · 234 kcal a serve · Video 12:17 · Leily Daily

Vegetarian

Half a kilo of fresh herbs bound with just enough egg: each serve gives about 10 g of protein plus plenty of vitamin K and vitamin A from the greens, for around 235 kcal.

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Ingredients 14 · SERVES 6

- [ ] 6–7 **eggs** (she adds a seventh because hers are small)
- [ ] 3 tbsp **yoghurt**
- [ ] 1 tbsp **dried fenugreek leaves** (optional)
- [ ] 1 tsp **turmeric**
- [ ] 1 tsp **black pepper**
- [ ] **salt** to taste
- [ ] 2 heaped tbsp **flour**
- [ ] 5 **garlic** cloves, crushed
- [ ] ½ cup **barberries** (zereshk), rinsed (optional)
- [ ] 4–5 **walnuts**, chopped
- [ ] Persian chives (tareh) or chives, finely chopped (the largest share of 1 lb kuku herbs)
- [ ] **coriander**, finely chopped (part of the 1 lb kuku herbs)
- [ ] **parsley**, finely chopped (the smallest share of the 1 lb kuku herbs)
- [ ] **oil**, enough to cover the base of the pan (about 4 tbsp)

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

Allergens found in the listed ingredients: Gluten, Egg, Milk, Tree nuts. 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. Whisk the eggs in a large bowl until frothy, then whisk in the yoghurt, which helps the kuku puff up. 3:25
2. Add the dried fenugreek, turmeric, pepper and salt, then the flour and the crushed garlic, and whisk again. 4:10
3. Stir in the barberries and chopped walnuts, then fold in the chopped herbs until everything is coated. If the mixture looks dry, add another egg. 6:04
4. Heat enough oil to cover the base of a large frying pan until hot, then turn the heat down. Spread the mixture in evenly, cover and cook on low heat until the edges are crisp and the middle has set. 8:20
5. Flip it with the help of a plate, cut it into wedges or squares in the pan and fry the second side until golden. Serve warm or cold. 10:48

Tip Serves 6 (our estimate). Go easy on dill, as too much turns kuku bitter. Without the flour it is gluten-free but more fragile to flip. The cook also bakes the mix in silicone moulds at 350°F. Keeps 3 days in the fridge.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
234 kcal	9.6 g	12 g
980 kJ	19% of a day	8.6 g net · 3.5 g sugars
		4% of a day

FIBRE	FAT	SODIUM
3.4 g	17 g	480 mg
12% of a day	2.7 g saturated	21% of a day
	22% of a day	

Energy from net carbs 15% · protein 17% · fat 68% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin K 405% · Omega-3 75% · Vitamin C 46% · Selenium 32% · Vitamin A 30% · Folate 25% · Vitamin B12 24% · Vitamin E 22%

Source of (10–19%) Iron 19% · Zinc 12% · Vitamin B6 12% · Potassium 10% · Calcium 10% · Magnesium 10%

Recipe and video: Leily Daily (@LeilyDaily) on YouTube — youtube.com/watch?v=1GY-QLjpDtU, published 17 October 2021. 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/persian-kuku-sabzi