PERSIAN · SIDE

Shirazi Salad

15 min · Serves 4 · 130 kcal a serve · Video 8:07 · The Mediterranean Dish

Vegan · Paleo · Gluten-free ingredients · No nuts listed

A no-cook salad of cucumber, tomato and fresh herbs dressed with lime and olive oil rather than a sweetened dressing: about 130 kcal a serve, high in vitamin C and vitamin K.

Diet notes: Keto (7.1 g net carbs a serve); Low saturated fat (1.4 g, 9.6% of the energy).

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Ingredients 13 · SERVES 4

- [ ] 3 **Roma tomatoes**, seeded and finely diced
- [ ] 1 **English cucumber** (or 4 Persian cucumbers), finely diced
- [ ] ¼–½ cup finely chopped **red onion**
- [ ] ½ **green bell pepper**, finely chopped (optional)
- [ ] 2–3 tbsp chopped **fresh parsley** (optional)
- [ ] 2–3 tbsp chopped **cilantro**
- [ ] 2–3 tbsp chopped **fresh dill**
- [ ] ½ cup **fresh mint leaves**, chopped (or 1 tbsp dried mint)
- [ ] a big pinch of **kosher salt**
- [ ] **black pepper**, to taste
- [ ] 1 tsp **sumac**, or to taste
- [ ] **Lime juice**: juice of 2 large limes (4 tbsp)
- [ ] 3 tbsp extra **virgin olive oil**

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. Halve the cucumber lengthways, scrape out the seeds if watery, cut into thin strips and then into tiny dice. Put in a large bowl. 0:41
2. Quarter the tomatoes, remove the seeds, and dice the flesh just as small. Add to the bowl with the finely chopped onion and pepper. 2:04
3. Chop the mint finely along with the parsley, cilantro and dill and add them in; mint is the herb that should lead. 4:18
4. Season from above with salt, pepper and sumac, then add the lime juice and olive oil. Toss gently and serve straight away alongside kebabs, fish or rice. 5:18

> **Tip** Persian cucumbers need no peeling or seeding. For a softer salad, chill it 30–60 minutes; for crunch, dress it just before serving. Drain any liquid before refrigerating leftovers.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
130 kcal 540 kJ	1.8 g 4% of a day	9.3 g 7.1 g net · 4 g sugars 3% of a day

FIBRE	FAT	SODIUM
2.2 g 8% of a day	11 g 1.4 g saturated 13% of a day	300 mg 13% of a day

Energy from net carbs 21% · protein 5% · fat 74% — fits keto: 7.1 g net carbs, 74% of the energy from fat

High in (20%+ of a day) Vitamin K 61% · Vitamin C 41%

Source of (10–19%) Vitamin E 14%

Recipe and video: The Mediterranean Dish (@TheMediterraneanDish) on YouTube — youtube.com/watch?v=pGrtt8Agh3Y, published 5 July 2024. 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/tmd-shirazi-salad