AFGHAN · DINNER · LUNCH

Afghan Dopiaza (Lamb Braised with Onions)

دوپیازه

70 min | Serves 6 | 588 kcal a serve | Video 5:27 in Persian · see cooking

Gluten-free ingredients | Dairy-free | Nut-free

34 g protein and about 15 g net carbs a serve, almost all from slowly softened onions. The lamb supplies plenty of vitamin B12 and zinc, and there is no flour, rice or sugar in the pot.

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Ingredients 12 · SERVES 6

- [ ] **vegetable oil**, as needed (about 6 tbsp)
- [ ] 2 medium **onions**, finely chopped
- [ ] 1.5 kg **bone-in lamb** pieces
- [ ] 6 cloves **garlic**, finely chopped
- [ ] 2 **onions**, cut into rings
- [ ] 1 tbsp **salt**
- [ ] 1 tsp **turmeric**
- [ ] 1 tbsp **ground coriander seed**
- [ ] ½ tsp **ground black pepper**
- [ ] **Water**: boiling water, to come just below the top of the meat
- [ ] 3 **onions**, cut into large rings
- [ ] a little chopped **fresh coriander**, to garnish

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oil in a pressure cooker and fry the finely chopped onion until golden. 0:18
2. Add the lamb and fry it with the onion, turning, until browned all over and the raw smell has gone. Stir in the chopped garlic. 0:47
3. Add the 2 onions cut into rings, the salt, turmeric, ground coriander and black pepper and stir everything together. 1:28
4. Pour in boiling water to just below the top of the meat. Lock the lid and cook on low heat for 35–45 minutes, then release the pressure and open: the meat should be soft and pulling away from the bone. 2:03
5. Only a little liquid should remain. Add the last 3 onions in large rings, stir, cover for 1–2 minutes without pressure, then cook uncovered on medium heat, stirring, until the rings are just soft but still hold their shape. 3:07
6. Lift into a serving dish, scatter over a little chopped coriander and serve. 4:33

> **Tip** Do piyaza means 'two onions': onion goes in at three stages, the last only just softened. In Mazar and Kabul it is served over naan with vinegared onions; a salad keeps it low in carbs. Serves 6 is our estimate.

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

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
588 kcal	34 g	18 g	3.7 g	42 g	1,260 mg
2,460 kJ	68% of a day	15 g net · 7.4 g sugars	13% of a day	13 g saturated	55% of a day
		7% of a day		54% of a day	

Energy from net carbs 10% · protein 24% · fat 66% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 153% · Omega-3 107% · Zinc 71% · Selenium 70% · Vitamin B6 25% · Iron 20%

Source of (10–19%) Vitamin E 18% · Vitamin C 16% · Vitamin K 16% · Folate 16% · Potassium 14% · Magnesium 13%

⚠ One serve has about 55% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: see cooking (@seecooking11) on YouTube — youtube.com/watch?v=UimB6CYxINM, published 11 March 2026. 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/afghan-dopiaza-lamb-onions