TURKISH · DINNER · LUNCH

Ali Nazik (Smoky Eggplant Yoghurt with Spiced Beef)

Kıymalı Ali Nazik

60 min · Serves 4 · 383 kcal a serve · Video 8:37 in Turkish · KanalD

Gluten-free ingredients · Nut-free

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24 g protein and under 9 g net carbs a serve: smoky eggplant mashed with strained yoghurt takes the place of bread or rice under the spiced beef and adds 7 g fibre.

Diet notes: Keto (8.6 g net carbs a serve).

Ingredients 12 · SERVES 4

- [ ] 4 **eggplants** (bostan or long kemer eggplants, about 1 kg), roasted, peeled and chopped
- [ ] 2 tbsp **olive oil**
- [ ] 400 g **beef mince** (dana kıyma)
- [ ] **salt**, to taste
- [ ] **black pepper**, to taste
- [ ] **sweet paprika** (toz kırmızı biber), to taste (about 2 tsp)
- [ ] 2 tbsp **butter**
- [ ] 2 cloves **garlic**, thinly sliced
- [ ] 5 tbsp **strained yoghurt** (süzme yoğurt)
- [ ] ½ bunch **flat-leaf parsley**, finely chopped, to serve
- [ ] 1 **sivri biber** (long green pepper), sliced, to serve
- [ ] 1 **tomato**, cut in wedges, to serve

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Roast the eggplants in a hot oven (or over a gas flame) until soft and charred all over. Cover them with cling film while warm so they steam and the skins come away easily. 0:25
2. Warm 2 tbsp olive oil in a wide pan, add the beef mince in small pieces and cook it gently over low–medium heat, pressing and breaking it up so it stays fine instead of forming lumps. 0:55
3. Season the mince with salt, pepper and paprika. If it clumps, add a splash of water and keep mashing. Add a little more paprika for colour, stir well and turn off the heat. 1:44
4. Peel the eggplants and chop the flesh coarsely with a knife so it keeps some texture. 3:00
5. Thinly slice the garlic. Melt 2 tbsp butter in a frying pan, add the garlic and stir until fragrant. Add the eggplant, season with salt and pepper and toss for a minute or two. 4:15
6. Tip the eggplant into a bowl and, while it is still warm, stir in 5 tbsp strained yoghurt. 6:10
7. Spread the eggplant yoghurt over a wide platter, spoon the hot mince on top and scatter with parsley, with sliced green pepper and tomato around the edge. 7:05

> **Tip** Serves 4 is our estimate for 400 g mince. Arda suggests finishing it with a little butter sizzled with paprika (not counted here). Often eaten with pide bread; on its own or with a salad it stays low in carbs.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
383 kcal 1,600 kJ	24 g 48% of a day	16 g 8.6 g net · 9 g sugars 6% of a day	7.1 g 25% of a day	26 g 9.8 g saturated 33% of a day	460 mg 20% of a day

Energy from net carbs 9% · protein 26% · fat 65% — fits keto: 8.6 g net carbs, 65% of the energy from fat

High in (20%+ of a day) Vitamin B12 90% · Vitamin K 65% · Zinc 49% · Selenium 35% · Vitamin B6 32% · Vitamin C 22%

Source of (10–19%) Potassium 19% · Iron 17% · Vitamin E 16% · Folate 16% · Magnesium 13% · Vitamin A 13% · Omega-3 11%

Recipe and video: KanalD (@kanald) on YouTube — youtube.com/watch?v=HI-mXIifXu4, published 6 April 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/ali-nazik-kebab