TURKISH · LUNCH · DINNER

Antalya Piyazı (Turkish White Bean Salad with Tahini)

Antalya usulü piyaz

80 min · plus overnight soaking | Serves 6 | 482 kcal a serve

Video 4:34 in Turkish · Figen Ararat

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

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19 g protein and 11.5 g fibre a serve from white beans, tahini and eggs, dressed with olive oil, lemon and plenty of raw onion and parsley: a vegetarian meal in itself, with 32 g net carbs.

Ingredients

12 · SERVES 6

- [ ] **dried white beans** (kuru fasulye), 2 glasses (2 × 175 ml, about 300 g), soaked overnight and boiled
- [ ] **tahini**, 1 Ajda glass (175 ml)
- [ ] 2 cloves **garlic**, crushed with salt
- [ ] **lemon juice**, ½ çay bardağı (about 60 ml)
- [ ] **salt**, 1 tatlı kaşığı (10 ml)
- [ ] **ground cumin**, ½ çay kaşığı
- [ ] **vinegar**, 1 Ajda glass (175 ml)
- [ ] **olive oil**, ½ çay bardağı (about 60 ml), plus a drizzle to finish
- [ ] 2 **onions**, thinly sliced
- [ ] 2 **tomatoes**, seeded and diced
- [ ] 2 **hard-boiled eggs**, finely chopped
- [ ] ½ bunch **parsley**, finely chopped

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

Method

TIMES = THE MOMENT IN THE VIDEO

1. Soak the dried beans overnight, then boil them in fresh water until tender and drain. 0:50
2. For the tarator sauce, put the tahini in a bowl and stir in the garlic crushed with a little salt and the lemon juice. 1:00
3. Add 2 tsp (1 tatlı kaşığı) salt and a pinch (½ çay kaşığı) of cumin, then slowly whisk in the vinegar and the olive oil until smooth and pourable. 1:23
4. Spread the beans on a platter and cover them with the thinly sliced onions. 2:00
5. Layer the seeded, diced tomatoes and the finely chopped boiled eggs on top. 2:16
6. Pour plenty of the tahini sauce over everything, scatter with parsley, decorate with a little more tomato and egg and finish with a drizzle of olive oil. 2:40

> **Tip** Serves 6 is our estimate (the cook plates a smaller amount for two). In Antalya it is eaten with grilled köfte. Canned beans work: about 3 drained 400 g cans.

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

One serve gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
482 kcal	**19 g**	**43 g**	**11 g**	**28 g**	**840 mg**
2,020 kJ	39% of a day	32 g net · 4.3 g sugars	41% of a day	4.2 g saturated	37% of a day
		16% of a day		35% of a day	

Energy from net carbs 28% · protein 17% · fat 55%

High in (20%+ of a day) Vitamin K 45% · Iron 42% · Folate 38% · Zinc 31% · Selenium 31% · Magnesium 27% · Potassium 21% · Calcium 20% · Omega-3 20%

Source of (10–19%) Vitamin C 19% · Vitamin E 19% · Vitamin B6 17%

Recipe and video: Figen Ararat (@FigenAraratt) on YouTube — youtube.com/watch?v=ul51jclHh-k, published 27 July 2020. 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/antalya-piyazi-bean-salad-tahini