TURKISH · SIDE

Bezelyeli Enginar (Turkish Artichokes and Peas in Olive Oil)

Bezelyeli Enginar

60 min | Serves 5 | 265 kcal a serve | Video 7:25 in Turkish · KanalD

Vegan | Gluten-free ingredients | Nut-free

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Under 10 g net carbs and 6 g fibre a serve from artichokes, peas and onion slow-cooked in olive oil: a vegan side that also gives nearly half a day's vitamin K.

Ingredients 11 · SERVES 5

- [ ] 5–6 **globe artichokes**, trimmed to the hearts (kept in lemon water)
- [ ] **olive oil**, 4–5 tbsp plus 3–4 tbsp (a little over 120 ml in all)
- [ ] 1 **onion**, finely chopped
- [ ] **frozen peas**, 1 su bardağı (200 ml)
- [ ] **salt**, to taste
- [ ] **white pepper**, to taste
- [ ] **Lemon zest**: grated zest of 1 lemon
- [ ] about 200 ml (1 su bardağı) **water**
- [ ] a pinch of **sugar**
- [ ] 5–6 **spring onions**, white parts finely sliced
- [ ] ½ bunch **dill**, chopped

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

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. Peel the artichokes down to their hearts and keep them in water with a squeeze of lemon (and a pinch of flour, so they cook up pale) until needed. 0:13
2. Warm 4–5 tbsp olive oil in a wide shallow pan and sweat the chopped onion gently until soft, without letting it colour. 1:55
3. Lift the artichokes out of the water, drain and cut each into quarters (sixths if very large). 2:27
4. Add the artichokes to the onion, then the frozen peas, salt, white pepper and grated lemon zest, and stir to coat. 3:25
5. Pour in about 200 ml water so the vegetables are barely covered, sprinkle over a pinch of sugar and drizzle with 3–4 tbsp more olive oil. 4:20
6. Cover with a circle of baking paper with a small hole in the centre, put the lid on and cook over low heat for 35–40 minutes. 5:11
7. Stir in the sliced spring onion and cook 5 minutes more, then add the chopped dill and let it rest. Serve warm or at room temperature. 6:35

> **Tip** Serves 5 is our estimate (about one artichoke each). Frozen artichoke hearts work out of season. Like all zeytinyağlı dishes it is best at room temperature and keeps 3 days in the fridge.

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

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
265 kcal 1,110 kJ	3.8 g 8% of a day	16 g 9.9 g net · 4 g sugars 6% of a day	6 g 22% of a day	22 g 3.1 g saturated 28% of a day	430 mg 19% of a day

Energy from net carbs 16% · protein 6% · fat 78% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin K 45% · Vitamin E 23% · Folate 23%

Source of (10–19%) Vitamin C 18% · Omega-3 12% · Magnesium 11%

Recipe and video: KanalD (@kanald) on YouTube — youtube.com/watch?v=5ytHqueVF0c, published 16 April 2023. 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/bezelyeli-enginar-artichokes-peas