PERSIAN · DINNER · LUNCH

Kabab Tabei Morgh (Persian Pan Chicken Kebab)

کباب تابه ای مرغ

30 min · plus 1 hour chilling Serves 3 563 kcal a serve

Video 7:00 in Persian · Zange Ashpazi زنگ آشپزی

Gluten-free ingredients Nut-free

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About 37 g protein and under 10 g net carbs a serve: saffron chicken mince seasoned with onion and lemon and cooked in a pan, with no breadcrumbs, rice or sugar. A good source of vitamin B12 and selenium.

Diet notes: Keto (9.6 g net carbs a serve).

Ingredients 11 · SERVES 3

- [ ] 600 g minced **chicken** (breast and thigh mixed)
- [ ] 2 tbsp **strong brewed saffron** (a large pinch of ground saffron steeped in hot water), plus a pinch of ground saffron to finish
- [ ] 1 **fairly large onion**, grated (keep the juice)
- [ ] 50 g **butter**, softened, plus a little melted for brushing
- [ ] 2 tbsp **lemon juice**
- [ ] ½ tsp **turmeric**
- [ ] ½ tsp **ground black pepper**
- [ ] 1 heaped tsp **paprika**
- [ ] **salt** as needed
- [ ] 2 tbsp **oil** for the pan
- [ ] 3 medium **tomatoes**, charred on a skewer over the flame, to serve (optional)

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

Method TIMES = THE MOMENT IN THE VIDEO

1. Grate the onion finely and set it aside; there is no need to squeeze out the juice. 1:04
2. Put the minced chicken in a bowl and mix in the brewed saffron so the meat takes on its colour and aroma. 1:20
3. Add the grated onion with its juice, the softened butter and the lemon juice. 2:03
4. Add the paprika, turmeric, black pepper and salt and knead for a few minutes until smooth and evenly mixed. 2:36
5. Cover with cling film and refrigerate for 1 hour so the flavours soak in. 2:59
6. Grease a frying pan with the oil and press the mixture in an even layer. With a wet spatula or spoon cut it into kebab-size strips and mark lines on top. 3:15
7. Cover and cook on medium-high heat. Once the kebabs release their juices, separate the pieces so they do not stick back together. 4:38
8. When the liquid has almost gone, lower the heat, sprinkle with ground saffron and brush with melted butter. Cover until the juices are absorbed, then turn and brown the other side uncovered. Serve with tomatoes charred over the flame. 5:02

> **Tip** Serve with herbs and yoghurt; rice or lavash is usual, a salad keeps it low in carbs. Serves 3 is our estimate: the cook plates 2 of the 6 strips with a charred tomato. Olive oil can replace the butter in the mix.

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

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
563 kcal	37 g	13 g	3.2 g	42 g	510 mg
2,350 kJ	74% of a day	9.6 g net · 6.4 g sugars	11% of a day	16 g saturated	22% of a day
		5% of a day		54% of a day	

Energy from net carbs 7% · protein 26% · fat 67% — fits keto: 9.6 g net carbs, 67% of the energy from fat

High in (20%+ of a day) Omega-3 65% · Vitamin B6 60% · Selenium 40% · Vitamin B12 34% · Potassium 31% · Zinc 31% · Vitamin C 29% · Vitamin A 24% · Vitamin E 24%

Source of (10–19%) Vitamin K 19% · Magnesium 16% · Iron 13%

Recipe and video: Zange Ashpazi زنگ آشپزی (@ZangeAshpazi) on YouTube — youtube.com/watch?v=fOIs239odc4, published 13 September 2021. 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/kabab-tabei-morgh-pan-chicken-kebab