RECIPE

# Herb and walnut kuku sabzi, baked in one pan

A green, herb-packed Persian baked omelet for breakfast: parsley, cilantro, dill and scallions held together by a little egg and walnuts, baked in one hot oiled pan and cut in wedges.

MAKES

4 servings US Metric

TOTAL

50 min

## Ingredients

- [ ] 5 cups finely chopped fresh flat-leaf parsley
- [ ] 1 cup finely chopped fresh cilantro
- [ ] 1 cup fresh dill sprigs, finely chopped
- [ ] ¾ cup thinly sliced scallions, white and green
- [ ] 3 large eggs
- [ ] 4 large egg whites
- [ ] 2 tbsp chickpea flour
- [ ] ¼ cup chopped walnuts
- [ ] ½ tsp ground turmeric
- [ ] ¼ tsp black pepper
- [ ] ¼ tsp salt
- [ ] 1 tbsp olive oil, whisked into the eggs
- [ ] 1 tbsp olive oil, heated in the pan

## Method

1. Heat the oven to 375 °F with a rack in the middle. Put 1 tbsp of the oil in a 9-inch metal cake pan or oven-safe cast-iron skillet and set it in the oven to heat while you prep. The house keeps 375 °F at Boulder altitude (our kitchen practice: CSU Extension speaks only of oven-roasted meats).

2. Wash the parsley, cilantro and dill and dry them completely, since wet leaves thin the egg. Chop the leaves fine with a knife and slice the scallions. Measure them loosely into one big bowl.

3. In a second bowl, whisk the eggs, egg whites, chickpea flour, turmeric, pepper, salt and the other tablespoon of oil until no lumps of flour are left.

4. Pour the egg over the herbs and add the walnuts. Stir until every leaf is coated. The mix should look mostly green with the egg just holding it together.

5. Take the hot pan from the oven with an oven mitt. Scrape in the herb mix and press it flat with the back of a spoon. The edge should sizzle.

6. Bake 25 to 30 minutes, until the top looks dry, the edge pulls from the pan and the center reads 160 °F on a thermometer (egg dishes go to 160 °F; HHS/USDA/FDA/CDC). If it is not there, bake 5 minutes at a time.

7. Rest 10 minutes so it firms up, then cut into 4 wedges and lift them out. Serve warm or at room temperature.