

Kookoo Sabzi Recipe: An Authentic Persian Herb Omelette

Are you tired of having the same old omelettes every morning? Looking for a unique and flavorful twist to brighten up your breakfast routine? Well, look no further! We present to you the exquisite Kookoo Sabzi, a traditional Persian herb omelette that is sure to tantalize your taste buds and awaken your senses.

What is Kookoo Sabzi?

Kookoo Sabzi, also known as "herb frittata," is a popular Persian dish that showcases an array of fresh herbs and aromatic spices. This dish is not only packed with flavor but also loaded with health benefits, making it a perfect choice for a nutritious start to your day.

The word "kookoo" refers to a mixture of herbs and vegetables, while "sabzi" means herbs in Farsi. The main ingredients in this delectable omelette include a variety of fresh herbs like parsley, cilantro, dill, and green onions. These herbs are combined with eggs, along with spices such as turmeric, cumin, and saffron, resulting in a vibrant and mouthwatering dish.



KOOKOO SABZI RECIPE: Persian Herb Omelette

by Kelli Bronski ([Print Replica] Kindle Edition)

★★★★☆ 4.5 out of 5

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Step-by-Step Recipe for Kookoo Sabzi

Now, let's dive into the step-by-step process of creating this Iranian culinary delight:

Ingredients:

- 1 cup chopped parsley
- 1 cup chopped cilantro
- 1 cup chopped dill
- 1 cup chopped green onions (both white and green parts)
- 6 large eggs
- 1 tablespoon flour
- 1 teaspoon turmeric
- 1 teaspoon ground cumin
- 1/2 teaspoon baking powder
- Salt and pepper to taste
- Pinch of saffron threads (optional)
- Vegetable oil for frying

Instructions:

1. In a large bowl, beat the eggs until well combined.

2. Add the chopped herbs, flour, turmeric, cumin, baking powder, salt, pepper, and saffron threads (if using) to the beaten eggs. Mix everything together until well incorporated.
3. Heat a non-stick frying pan over medium heat and add enough vegetable oil to coat the bottom.
4. Pour the herb and egg mixture into the pan, spreading it evenly to form a thick layer.
5. Cook the Kookoo Sabzi on medium heat for about 8-10 minutes or until the bottom is golden brown and crispy.
6. Using a large spatula, carefully flip the omelette to cook the other side. You can also slide it onto a plate, then invert it back into the pan.
7. Cook the other side for another 8-10 minutes until golden brown and fully cooked.
8. Once cooked, transfer the Kookoo Sabzi onto a serving platter and let it cool for a few minutes.
9. Slice the omelette into wedges or squares and serve it warm or at room temperature.

The Perfect Complement

Kookoo Sabzi can be enjoyed on its own as a satisfying main dish or paired with various accompaniments for a complete Persian breakfast experience. Some popular options include:

- Sangak or Lavash bread
- Feta cheese and olives
- Yogurt with cucumber and mint

- Torshi (Persian pickles)
- Tea or Doogh (Persian yogurt drink)

These additions not only enhance the flavors of the dish but also provide a diverse range of textures and tastes.

Health Benefits of Kookoo Sabzi

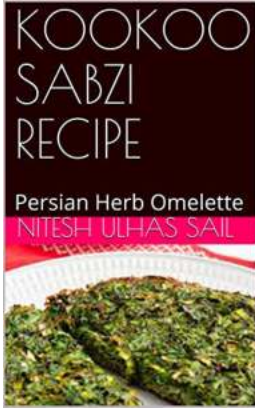
Aside from its irresistible taste, Kookoo Sabzi offers several health benefits due to its rich herb content. Here are a few reasons why you should give this Persian omelette a try:

1. **Filled with Antioxidants:** The combination of parsley, cilantro, and dill provides a significant amount of antioxidants, which help protect the body against free radicals and reduce oxidative stress.
2. **Abundance of Vitamins:** The various herbs in Kookoo Sabzi are abundant in essential vitamins such as vitamin A, C, and K. These vitamins play a crucial role in maintaining overall health and supporting immune function.
3. **Anti-Inflammatory Properties:** Many of the herbs used in this recipe have anti-inflammatory properties, which can help reduce inflammation in the body and promote better health.
4. **Rich in Fiber:** The inclusion of herbs in this omelette adds a good amount of dietary fiber, aiding in digestion and promoting a healthy gut.

With all these health benefits and an explosion of flavors, Kookoo Sabzi is undoubtedly a fantastic addition to your culinary repertoire.

Now that you know how to prepare a traditional Kookoo Sabzi, it's time to take your breakfast to a whole new level. Embrace the rich Persian culinary heritage

and indulge in this delightful herb omelette. Share this recipe with family and friends, and savor the unique flavors of Iran without leaving the comfort of your own kitchen. Start your day right with a mouthwatering Kookoo Sabzi!



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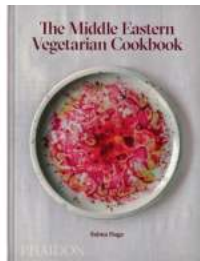
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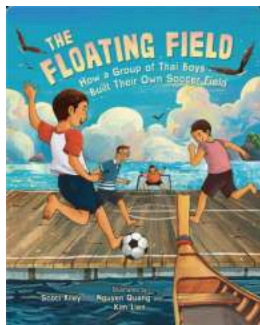
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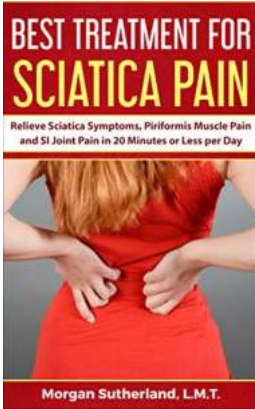
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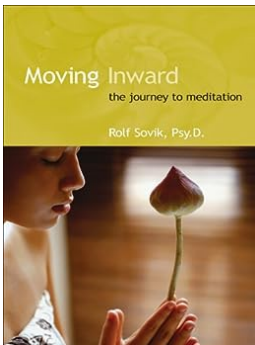
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