

IRAN

Kuku Sabzi (Jewish egg/herb pancake)

Serves 4-6.

Oven temperature 180°C.

Cooking time 45-50 minutes.

Ingredients

2 cups finely chopped spinach

1½ cups finely chopped spring onions including green tops

½ cup finely chopped parsley

½ cup finely chopped coriander

1 tablespoon chopped dill

1 tablespoon chopped tarragon

2 tablespoons chopped garlic chives

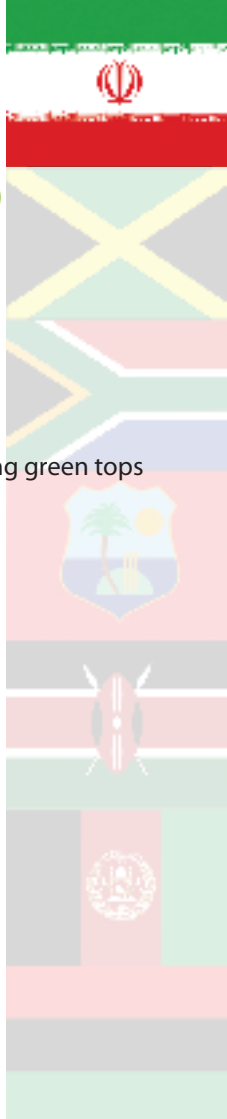
1 tablespoon flour

Salt

Freshly ground black pepper

8 eggs

¼ cup of butter



Method

- 1 Wash vegetables and herbs and leave to dry before chopping and measuring.
- 2 Combine greens in a bowl. Mix flour with 1 teaspoon salt and pepper to taste and sprinkle over greens
- 3 Beat eggs until frothy and pour over greens. Stir well.
- 4 Heat butter in a 23cm round casserole dish or deep cake pan. Swirl to coat sides and pour in egg mixture
- 5 Bake in a medium heat over, one shelf above centre, for 45-50 mins until set and top is lightly browned.
- 6 Serve hot cut in wedges with yoghurt and flatbread. Can be served cold.

