

Kuku Sabzi (Persian Herb Frittata)

Kuku Sabzi is a Persian Herb Frittata that can be baked in the oven and is topped with barberries (or cranberries) and walnuts. It's a great recipe to use up all the herbs! Please have herbs prepped and ready for the demo.

Ingredients

- ½ cup Fresh Parsley Chopped
- ½ cup Fresh Cilantro Chopped
- ½ cup Chives Chopped (See Note #1)
- 1 cup Fresh Dill Chopped (See Note #2)
- 4-5 Eggs See Note #3
- 1 tbsp All Purpose Flour
- ½ cup Walnuts Chopped
- ½ cup Barberries See Note #4
- 1 tsp Salt

Instructions

1. Preheat the oven to 350F. Coat a cast iron skillet (10 inch) or non-stick pan with nonstick spray or olive oil. Place the pan in the oven to heat.
2. In a large bowl mix parsley, cilantro, chives (or leek) and dill until all the herbs are combined.
3. Add in the eggs, half of the walnuts and barberries, and flour. Mix until everything is well combined.
4. Take the cast iron skillet (or pan) out of the oven and place it on the counter. Pour the batter into the pan and top it with the remaining barberries and walnuts.
5. Cover with aluminum foil and pierce 4 holes on the foil. Bake in the oven for 25 to 35 minutes until the frittata is fully

cooked. Uncover and cook for another five minutes. (See the notes for stove top approach)

6. Serve warm with lavash bread. (sold at Trader Joes).

Notes

1. You can use leeks instead of chives. Only use the green parts and chop completely.
2. If you don't have fresh dill use $\frac{1}{3}$ cup dried dill soaked in cold water for 15 minutes and then squeeze out the excess water.
3. The number of eggs used in this recipe depends on the size of the eggs. You need enough eggs so that all the herbs are smothered with egg and is sticking together. Don't use too many eggs as the frittata should stay green and not yellow.
4. If barberries are not available, use chopped unsweetened dried cranberries.