

Herbed Omelette, a Simplified Persian Kuku

Yield: 4 min
Total Time: 17 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-fruit-fancies-turkish>

Ingredients:

- toast Enough, or crumpets for 4
- butter for the toast or crumpets
- olive oil for frying
- tomatoes
- cucumbers
- 8 eggs
- 2 tablespoons milk or cream
- 1/2 teaspoon turmeric
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon salt
- 1 teaspoon butter cold and chopped
- 1 handful fresh parsley chopped
- 1 handful fresh coriander cilantro, chopped
- 4 stalks spring onions scallions, sliced thinly
- 1 stalk fresh mint leaves removed and chopped
- freshly ground black pepper

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 445 milligrams
4. Fat: 23 grams
5. Fiber: 1 grams
6. Protein: 15 grams
7. SaturatedFat: 8 grams
8. Sodium: 570 milligrams

9. Sugar: 3 grams

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