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RECIPE INDEX

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Home » Appetizers » Marinated Olives with Walnuts (Zeytoon Parvardeh)

### MARINATED OLIVES WITH WALNUTS (ZEYTOON PARVARDEH)

March 30, 2018 / By Shadi HasanzadeNemati / 18 Comments

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Marinated olives made Persian style! Try delicious olives marinated with walnuts, pomegranate molasses and herbs – a fantastic combination that is full of flavor!



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zeytoon olives, especially if I have these exceptionally delicious marinated olives in my fridge.

Can we please take a moment and talk about my obsession with pomegranates and walnuts? From [Fesenjan](#) to [pomegranate guacamole](#) and [walnut pomegranate cheese ball](#) to [stuffed fish with pomegranates and walnuts](#), my love for this unique combo is something I can't deny. It's the ultimate ingredient combo!

The recipe I'm showing you today represents two members of Team Good Fat: walnuts and extra virgin olive oil, both containing fat that is good for your body and are also very delicious! We try to use good fats in different recipes as much as possible because they help our bodies function better and make us feel so much better!

These Persian marinated olives, called Zeytoon Parvardeh, are another creation based on my favorite flavor combination. They're a tasty twist on the usual marinated olives. They are tangy because of pomegranate molasses, nutty thanks to walnuts, and absolutely addictive. They are originally from the northern part of Iran, particularly Guilan province, and are usually made with *Choochagh*, a local herb that's only found in northern Iran. Here in the US, the closest herb to that would be mint.

### **WHAT MAKES THIS MARINATED OLIVES RECIPE DIFFERENT THAN OTHERS?**

The ingredients used in making these Persian marinated olives are what makes this recipe unique. The acidity of pomegranate molasses mixed with mint and infused into fresh olives makes a great combo that is completed by the use of walnuts which bring creaminess and a subtle balance of flavor to the recipe.

### **HOW TO MAKE MARINATED OLIVES WITH WALNUTS?**

Start with olives. Green olives are best for this recipe. Place them in a bowl and add walnuts, chopped mint, garlic and walnuts to it. Next, add in pomegranate molasses and olive oil. Using a spoon, mix all the ingredients well until they're fully combined. It's important to refrigerate these marinated olives for at least an hour before serving. However, I suggest refrigerating for one or two days so the flavors are fully infused and combined.



### **NOTES AND TIPS TO MAKE PERSIAN MARINATED OLIVES RECIPE:**

- This Persian spicy marinated olives recipe with walnuts and pomegranates calls for green olives. Depending on the size of the olives, you can either use them whole or chopped.
- Walnuts can be used chopped or ground in this recipe. Traditionally, walnuts are ground and mixed with garlic, salt, mint, pomegranate molasses and olive oil to form a paste, then mixed with olives.
- The more these marinated olives stay in the fridge, the tastier they get.
- If you're a big garlic fan, add more than seven cloves to this recipe.
- Serve marinated olives with barbecue, grilled meat, rice dishes or even sandwiches.

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These marinated olives are so dear to my heart that we used to have them every time we visited northern Iran, my dad would stop at this row of olive shops and we would go inside every shop, try their Zeytoon Parvardeh and buy some. We would literally buy these marinated olives from every shop because each of them had their own personal addition that would make their recipe special and unique. Now here in America, far away from where these marinated olives were first born, I'm making my very own marinated olives with walnuts that are just as good as the ones we used to have on the road. I'm so thankful that my food memory is strong enough to recreate flavors of years ago.

I hope you give this classic Persian recipe a try and enjoy it!

*This post is sponsored by [California Walnuts](#). As always, all opinions are mine. Thank you for supporting the brands that support Unicorns in the Kitchen.*





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## Marinated Olives with Walnuts

Marinated Olives made Persian style! Delicious olives marinated with walnuts, pomegranate molasses and herbs make a fantastic combination that is full of flavor!

 **Course**      Appetizer, Side Dish

 **Cuisine**      Persian

 **Prep Time**      15 minutes

 **Chilling time**      2 hours

 **Total Time**      15 minutes

 **Servings**      6 servings

 **Calories**      400 kcal

 **Author**      Shadi HasanzadeNemati

★★★★★  
5 from 6 votes

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### Ingredients

- 2 cups Fresh Green Olives See Note #1
- 1 1/2 cup Finely Chopped Walnuts See Note #2
- 7 cloves Garlic Minced
- 1 cup Fresh Mint Chopped (See Note #3)
- 2/3 cup Pomegranate Molasses See Note #4
- 4 tbsp Olive Oil Extra Virgin
- 1 tsp Salt

### Instructions

1. Place olives, walnuts, garlic and mint in a large bowl, stir well.

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4. Serve cold.

#### Recipe Notes

1. Some like the olives to be whole and some like them chopped, this completely depends on you. If you decide to chop them, make sure the pieces are not too small.
2. Walnuts can be either chopped or ground. If you grind the walnuts, the combination with the rest of the ingredients (except the olives) will form a paste which is how it looks like in Persian shops in the North of Iran.
3. If fresh mint is not available, use two tablespoons dried mint.
4. Start with 2/3 cup pomegranate molasses, add more after two hours of chilling if you'd like the marinated olives to be more sour.

**Have you made this recipe?** Let us know by commenting and rating on this recipe. Take a picture and tag [@unicornsinthekitchen](#) and [#unicornsinthekitchen](#) for a chance to be featured!

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## COMMENTS

[Chrissy](#)

April 2, 2018 at 6:30 am

So I've never really been a huge olive fan – but holy moly, these look amazing! That mint and pomegranate molasses just sound so delicious in here.

REPLY

[Shadi HasanzadeNemati](#)

April 3, 2018 at 7:04 am

Hope you give this recipe a try! It's unique and delicious!

REPLY

[Demeter](#)

April 2, 2018 at 6:35 am

Ooh this looks so good! Olives are the best. 😊 And btw, that pomegranate guac sounds amazing!

REPLY

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Shadi HasanzadeNemati

April 3, 2018 at 6:55 am

Thank you Demeter! We love both, too!

REPLY

Ann

April 2, 2018 at 6:40 am

I love this flavor combination! I would totally chop this up and put on some grilled fish or chicken (or just inhale it on its own haha).

REPLY

Shadi HasanzadeNemati

April 3, 2018 at 6:54 am

Thank you! These go well with almost anything!

REPLY

Claudia Lamascolo

April 2, 2018 at 6:45 am

I have always wanted a recipe to marinate olives I can eat them everyday I love them so much ! thanks for sharing

REPLY

Shadi HasanzadeNemati

April 3, 2018 at 6:49 am

Glad you like these!

REPLY

Natalie

April 2, 2018 at 6:47 am

I love olives and I rarely make anything with them other than eat it as they are. This looks and sounds so delicious! I love the walnuts addition ♥

REPLY

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Shadi HasanzadeNemati

April 2, 2018 at 6:54 am

Hope you give this one a try!

REPLY

Susie

April 2, 2018 at 7:21 am

I LOVE olives and love to buy marinated olives, but would love to make my own at home. These look great. Thanks for the awesome Recipe!

REPLY

Shadi HasanzadeNemati

April 3, 2018 at 6:47 am

Thank you Susie! These are really good!

REPLY

Danielle

April 5, 2018 at 5:35 am

I have GOT to make these! I never heard of marinated olives, but am loving this recipe. Totally pinned for later!

REPLY

Shadi HasanzadeNemati

April 5, 2018 at 5:53 am

Thank you Danielle! These marinated olives are so addictive. They are so easy and simple, yet the flavor is to die for!

REPLY

Kathy

April 5, 2018 at 5:00 pm

I really enjoy trying unusual products together. This marinated olive recipe looks beautiful and sounds easy but exotic! I've never heard of pomegranate molasses before. I cannot buy it locally but looked on Amazon and I can get it there. When looking, I did get confused about which one to get. Some were labeled paste, some a glaze, or syrup, etc. Do you have a particular brand you like or can you give some suggestions? I look forward to trying your recipe! Thank you.



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Shadi HasanzadeNemati

April 6, 2018 at 3:48 pm

Hi Kathy! Thank you for your comment, Cortas and Al Wadi are both pomegranate molasses brands that I like. I hope you try and enjoy this recipe 😊

REPLY

Helen O'Brien

January 18, 2019 at 3:24 am

I added balsamic glaze for a bit more of a kick.. Delicious

REPLY

Shadi HasanzadeNemati

January 20, 2019 at 12:20 pm

Sounds so good Helen! Enjoy!

REPLY

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