ALGERIAN · LUNCH · DINNER

Chorba Frik (Algerian Lamb and Freekeh Soup)

Chorba frik

85 min | Serves 4 | 374 kcal a serve | Video 6:34 in French · Amour de cuisine Soulef

Dairy-free | Nut-free

Lamb, whole-grain frik and chickpeas give about 18 g protein and 7 g fibre a bowl, with 22 g net carbs that come with their fibre.

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Ingredients 12 · SERVES 4

- [ ] 9 oz **lamb** (or mutton), cut into small even cubes
- [ ] 3 oz **frik** (cracked green wheat, freekeh), rinsed
- [ ] 5 oz cooked **chickpeas** (canned, drained), or a good handful of dried chickpeas soaked overnight
- [ ] 1 **onion**, finely chopped
- [ ] 3 tbsp extra **virgin olive oil**
- [ ] 1½ tbsp **tomato paste**
- [ ] 1 bunch **fresh coriander**, chopped (keep a third to finish)
- [ ] 1 small **celery** stalk, with its leaves (lifted out before serving)
- [ ] 7¼ cups **hot water**, plus a little more if needed
- [ ] 1 tsp **ground coriander**
- [ ] 1 tsp **salt**, to taste
- [ ] ½ tsp **black pepper**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Gluten. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put a little of the olive oil, the onion and the lamb in a heavy pot (the cook uses a pressure cooker), cover and cook gently, stirring now and then, until the meat releases its juices and the onion turns translucent. 1:36
2. Season with the salt, black pepper and ground coriander; a pinch of paprika gives a redder soup. 2:28
3. Add a splash of water, the celery and two-thirds of the chopped coriander, cover and cook a few minutes more. 3:21
4. Stir in the tomato paste, then pour in hot water to cover well (about 7¼ cups in all; if you use soaked dried chickpeas, add them now). Cook until the lamb is tender: 35–40 minutes in a pot, less under pressure. 4:13
5. Rinse the frik and stir it into the simmering soup. Cook 15–20 minutes, stirring often so it doesn't catch, until the grains are tender; add hot water if it gets too thick. 5:06
6. Add the cooked chickpeas and simmer 5 minutes more. Lift out the celery and serve hot, scattered with the rest of the coriander. 5:49

> **Tip** A Ramadan staple in Algeria, often served with lemon wedges. Frik is young green wheat, a whole grain; bulgur is the nearest swap. Her blog version uses 14 oz lamb for a meatier bowl. Freezes well.

The method is a summary in our words, in English — the video (in French) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
374 kcal	**18** g	**29** g	**7.2** g	**21** g	**630** mg
1,560 kJ	35% of a day	22 g net · 4.4 g sugars	26% of a day	5.5 g saturated	27% of a day
		11% of a day		27% of a day	

Energy from net carbs 25% · protein 21% · fat 54% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 51% · Zinc 34% · Selenium 32% · Vitamin K 29% · Folate 24%

Source of (10–19%) Iron 18% · Omega-3 17% · Magnesium 15% · Vitamin E 14% · Vitamin B6 14% · Potassium 10%

Recipe and video: Amour de cuisine Soulef (@soussouamourdecuisine) on YouTube — youtube.com/watch?v=uTV1SC6P1Iw, published 19 July 2013. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/chorba-frik-algerian-lamb-freekeh-soup