EGYPTIAN · LUNCH · DINNER

Egyptian Molokhia with Chicken (Jute Leaf Soup)

الملوخية المصري بالدجاج

50 min · Serves 4 · 383 kcal a serve · Video 8:00 in Arabic · Cooking Secerts (Chef Gaber)

Gluten-free ingredients · Nut-free

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About 38 g protein and 9 g net carbs a bowl: the chicken and jute leaves carry the meal, with only a spoonful of sugar in the whole pot.

Diet notes: Low carb (8.6 g net carbs) but not keto: 49% of the energy is from fat, and keto meals get about 60% or more.

Ingredients 13 · SERVES 4

- [ ] 1 whole **chicken** (about 1 kg), cut into large pieces
- [ ] 1 bag (400 g) **frozen minced molokhia** (jute leaves), or 500 g fresh, finely minced
- [ ] 1 litre of the **broth** from boiling the chicken (unsalted until you season it)
- [ ] ½ **onion**, quartered (simmered in the broth, then lifted out)
- [ ] ½ **tomato**, quartered (simmered in the broth, then lifted out)
- [ ] 2 **bay leaves** (for the broth)
- [ ] 3–4 **cardamom pods** (for the broth)
- [ ] 1 tbsp **samna** (ghee), or butter
- [ ] about 1 head **garlic** (8 cloves), minced
- [ ] 1 tbsp **ground coriander seed** (coarsely ground)
- [ ] about 1 tsp **sugar** (the cook adds a spoonful), to keep the molokhia green
- [ ] ½ tsp **salt** for the garlic, plus salt to taste for the broth
- [ ] **black pepper**, to taste

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

Method TIMES = THE MOMENT IN THE VIDEO

1. Bring a large pot of water to the boil with the bay leaves, cardamom, onion and tomato. Add the chicken pieces, cover and simmer 20–30 minutes until the meat comes away from the bone. 0:30
2. Lift out the chicken, onion and tomato and keep 1 litre of the clear broth. Pull the chicken off the bones in large pieces. 2:00
3. Heat the broth until very hot but not boiling and season with salt and pepper. Stir in the frozen molokhia and the sugar and keep stirring about 2 minutes; take it off the heat as soon as it starts to bubble so it doesn't separate. Don't cover it. 3:15
4. For the garlic-coriander fry (ta'leya), melt the ghee in a frying pan, fry the garlic until it just colours, then add the coriander and a pinch of salt. 4:45
5. Add the chicken to the pan and toss it over a higher heat until lightly browned and coated in the garlic mix. 5:37
6. Pour a ladle of molokhia into the pan, stir, then tip everything back into the pot and stir through. Serve hot, with the chicken in each bowl. 6:05

> **Tip** Eaten with rice or baladi bread. Serves 4 is our estimate. The description says ½ kg chicken and 2 spoons ghee; on camera he uses a 1 kg chicken, 1 spoon ghee and a head of garlic, as here. Reheat gently without boiling.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
383 kcal	**38** g	**12** g	**2.9** g	**21** g	**790** mg
1,600 kJ	77% of a day	8.6 g net · 2.2 g sugars 4% of a day	10% of a day	6.8 g saturated 27% of a day	35% of a day

Energy from net carbs 9% · protein 40% · fat 51% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin K 94% · Vitamin B6 68% · Selenium 58% · Vitamin C 39% · Vitamin A 38% · Zinc 30% · Iron 29% · Folate 28% · Magnesium 23% · Calcium 20%

Source of (10–19%) Potassium 19% · Vitamin B12 16%

Recipe and video: Cooking Secerts (Chef Gaber) (@chefgaber) on YouTube — youtube.com/watch?v=PnFFeXqHvDk, published 16 November 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/egyptian-molokhia-chicken