YEMENI · DINNER · LUNCH

Fahsa (Yemeni Shredded Lamb Stew with Fenugreek Froth)

الفحسة اليمنية

75 min · Serves 7 · 330 kcal a serve · Video 8:16 in Arabic · Esra'a Alhaj إسراء الحاج

Gluten-free ingredients · Dairy-free · Nut-free

29 g protein and just 6 g net carbs a serve: slow-cooked lamb in a light tomato broth under a whipped fenugreek and herb froth; a serve is rich in vitamin B12 and zinc.

Diet notes: Low carb (6.1 g net carbs) but not keto: 54% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients 23 · SERVES 7

- [ ] 1 tbsp **ground fenugreek** (hulba), soaked in water
- [ ] ¼ bunch **coriander**
- [ ] ½ **leek**
- [ ] **Spring onion**: the green tops of a few spring onions
- [ ] 2 **garlic** cloves, for the green mix
- [ ] 2 **hot green chillies**
- [ ] ½ tsp **salt**, for the green mix
- [ ] about 1 tbsp **lamb fat** (or ghee)
- [ ] 5–6 whole **fenugreek seeds**
- [ ] 1 kg **lamb**, cut into pieces
- [ ] 1 medium **onion**, quartered
- [ ] 1 whole head **garlic**, cloves peeled
- [ ] 2 **tomatoes**, grated or blended
- [ ] 1 tbsp **tomato paste**
- [ ] a little chopped **green chilli** (added with the tomato paste on camera; not in her written list)
- [ ] ½ tbsp **salt**
- [ ] **Water**: 1 litre boiling water
- [ ] ½ tsp **ground cumin**
- [ ] ½ tsp **ground coriander**
- [ ] ½ tsp **black pepper**
- [ ] ¼ tsp **ground turmeric**
- [ ] ¼ tsp **ground cardamom**
- [ ] a few **coriander leaves**, to garnish (optional)

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cover the ground fenugreek with plenty of water and leave it to soak while you cook. 0:37
2. Blend the coriander, leek, spring onion tops, 2 garlic cloves, green chillies and ½ tsp salt with a splash of water to a smooth green paste. 0:49
3. In a pressure cooker, melt the lamb fat with the whole fenugreek seeds, then add the lamb, onion quarters and the whole garlic cloves and fry until the meat is browned on all sides. 1:20
4. Stir in the cumin, coriander, pepper, turmeric and cardamom, then the grated tomatoes, the tomato paste, a little chopped green chilli and ½ tbsp salt, and cook a few minutes. 2:40
5. Pour in the boiling water, close the lid and pressure-cook until the lamb is very tender (or simmer covered until it falls apart). 3:45
6. Pour the soaking water off the fenugreek and beat the paste hard with a little cold water, adding it bit by bit, until it turns white and fluffy. Beat in the green paste. 4:10
7. Heat a stone or cast-iron pot until very hot. Add the lamb with some of its broth, mash and shred the meat with a spoon and let it bubble hard. 6:20
8. Spoon the fenugreek froth over the bubbling meat, top with a few coriander leaves and bring the pot to the table while it is still sizzling. 7:30

> **Tip** The cook says it feeds 6–8. Yemenis scoop it up with fresh flatbread; a salad on the side keeps the carbs low. Keep the leftover broth for soup.

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

One serve gives you 1 OF 7 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
330 kcal 1,380 kJ	**29** g 58% of a day	**7.8** g 6.1 g net · 2.7 g sugars 3% of a day	**1.7** g 6% of a day	**20** g 8.5 g saturated 26% of a day	**750** mg 33% of a day

Energy from net carbs 8% · protein 36% · fat 56% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 116% · Selenium 53% · Zinc 45% · Omega-3 22%

Source of (10–19%) Vitamin B6 19% · Iron 17% · Vitamin C 17% · Vitamin K 17% · Potassium 12% · Magnesium 10% · Folate 10%

Recipe and video: Esra'a Alhaj إسراء الحاج (@esraaalhaj) on YouTube — youtube.com/watch?v=wSuM72pOtVQ, published 20 January 2022. 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/fahsa-yemeni-lamb-stew