MIDDLE EASTERN · DINNER · LUNCH

Marag Bamia (Gulf Okra and Lamb Stew with Dried Lime)

مرق بامية باللحم

60 min · Serves 6 · 473 kcal a serve · Video 9:16 in Arabic · Manal Alalem

Gluten-free ingredients · Nut-free

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36 g protein and 14 g net carbs a serve from lamb slow-cooked with tomato and okra, which adds 6.5 g fibre; a serve is rich in vitamin B12, zinc and vitamin C.

Ingredients 15 · SERVES 6

- [ ] 3 tbsp **ghee** (samn)
- [ ] 2 medium **onions**, chopped
- [ ] 1 tbsp chopped **fresh ginger**
- [ ] 6 **garlic** cloves, sliced
- [ ] 1 kg **lamb**, cut into pieces
- [ ] 3 **long red chillies**, sliced
- [ ] 1 tbsp mixed **spice** (baharat)
- [ ] ½ tsp **black pepper**
- [ ] ½ tsp **ground cinnamon**
- [ ] 1 tsp **ground turmeric**
- [ ] 1 tbsp **salt**
- [ ] 2 **dried limes** (loomi), pierced
- [ ] 4 large **tomatoes**, blended to a juice
- [ ] 3 tbsp **tomato paste**
- [ ] 500 g **okra**, trimmed

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

Method TIMES = THE MOMENT IN THE VIDEO

1. Set an electric pressure cooker to sauté (or use a heavy pot), melt the ghee and fry the onion until soft. 1:14
2. Add the ginger, garlic and sliced red chillies and stir until fragrant. 2:05
3. Stir in the baharat, black pepper, cinnamon and turmeric for a few seconds. 3:13
4. Add the lamb and turn it in the spiced onions until it loses its pink colour and starts to brown. 3:49
5. Add the pierced dried limes, the blended tomatoes, the tomato paste, the salt and a little hot water. Close the lid and pressure-cook until the lamb is tender. 4:40
6. Release the pressure, stir in the okra, close again and pressure-cook for 3 minutes, then release the pressure straight away so the okra stays whole. 6:04
7. Spoon into a serving dish and serve hot. 7:56

> **Tip** Serves about 6 (our estimate). In a regular pot, simmer the lamb covered until tender before adding the okra for 10–15 minutes. Usually eaten with white rice; cauliflower rice keeps it low-carb. Halve the salt if you prefer.

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

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
473 kcal	**36 g**	**20 g**	**6.5 g**	**28 g**	**1,270 mg**
1,980 kJ	72% of a day	14 g net · 7.9 g sugars	23% of a day	13 g saturated	55% of a day
		7% of a day		36% of a day	

Energy from net carbs 12% · protein 32% · fat 56% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 135% · Selenium 63% · Zinc 59% · Vitamin C 58% · Vitamin K 38% · Vitamin B6 36% · Folate 27% · Omega-3 26% · Magnesium 25% · Potassium 24% · Iron 23%

Source of (10–19%) Vitamin A 17% · Vitamin E 15% · Calcium 10%

⚠ One serve has about 55% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Manal Alalem (@manalalalem) on YouTube — youtube.com/watch?v=zHp_9S7JaFU, published 14 December 2020. 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/marag-bamia-gulf-okra-lamb