MIDDLE EASTERN · DINNER · LUNCH

Mugalgal (Saudi Pan-Seared Lamb with Tomato and Chilli)

مقلقل اللحم

45 min · Serves 5 · 527 kcal a serve · Video 11:38 in Arabic · Manal Alalem

Nut-free

42 g protein and 16 g net carbs a serve from lamb seared fast with onion, tomato and warm spices; a serve is rich in vitamin B12 and zinc.

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Ingredients 16 · SERVES 5

- [ ] 2¼ lb **lamb**, cut into small cubes
- [ ] 3 tbsp **flour**, for dusting the meat
- [ ] 2 tbsp **ghee** (samn)
- [ ] 3 large **onions**, coarsely chopped
- [ ] 6 **garlic** cloves, sliced
- [ ] 2 **long green chillies**, halved
- [ ] 1 tsp mixed **spice** (baharat)
- [ ] 1 tsp **salt**
- [ ] 1 tsp **ground cumin**
- [ ] 1 tsp **crushed chilli flakes**
- [ ] 1 tsp **ground coriander**
- [ ] ½ tsp **black pepper**
- [ ] 3–4 large **tomatoes**, peeled and chopped
- [ ] 1 tbsp **tomato paste**, if the colour needs it
- [ ] about ¼ cup **water**
- [ ] chopped **fresh coriander**, to serve

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

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

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat a saj (domed iron griddle, used hollow side up), a wok or a heavy wide pan until very hot, then add the ghee. 2:50
2. Dust the lamb lightly with the flour and add it in batches so it fries rather than stews. Stir constantly over high heat until browned and the juices have evaporated; lift out each batch and repeat. 3:17
3. Return all the meat and add the onion chunks, tossing them through the meat until they start to soften. 6:24
4. Add the sliced garlic and keep tossing for a minute until it smells sweet. 7:11
5. Season with the mixed spice, cumin, chilli flakes, ground coriander, black pepper and, last of all, the salt. 7:50
6. Add the tomatoes and green chillies and keep stirring until they soften and the meat is nearly cooked. 8:36
7. If the lamb still needs time, lower the heat and cover it with foil for a few minutes. Splash in about ¼ cup water and scrape up the browned bits to make a little sauce; add the tomato paste if the colour is pale. 9:35
8. Pile onto a platter and scatter with chopped coriander. 10:50

> **Tip** Serves about 5 (our estimate for 2¼ lb of lamb). A Gulf favourite on desert camping and hunting trips, cooked on a saj over charcoal; eat it with bread or rice, or with a big salad to keep the carbs down. Oil can replace the ghee.

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

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
527 kcal 2,210 kJ	**42** g 83% of a day	**20** g 16 g net · 7.9 g sugars 7% of a day	**4.2** g 15% of a day	**31** g 14 g saturated 40% of a day	**590** mg 26% of a day

Energy from net carbs 13% · protein 33% · fat 54% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 162% · Selenium 76% · Zinc 66% · Vitamin C 37% · Vitamin B6 30% · Omega-3 30% · Iron 23% · Potassium 21%

Source of (10–19%) Vitamin K 18% · Folate 18% · Magnesium 16% · Vitamin A 13% · Vitamin E 11%

Recipe and video: Manal Alalem (@manalalalem) on YouTube — youtube.com/watch?v=BuhRnMtyzD0, published 10 January 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/mugalgal-saudi-lamb