



Molokhia (Egyptian-style)



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



75 min.

SERVINGS



4

CALORIES



427 kcal

SIDE DISH

Ingredients

- ☐ 1 leaf bay leaves
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 4 servings cardamom pods
- ☐ 1 tablespoon ground coriander
- ☐ 1 teaspoon juice of lemon
- ☐ 2 cups short grain rice
- ☐ 5 cups water
- ☐ 0.5 teaspoons frangelico

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Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ oven

☐ pot

☐ plastic wrap

☐ roasting pan

☐ tongs

☐ chefs knife

Directions

☐ Add the chicken, onions, cardamom, cinnamon, bay leaf salt and water to a stock pot that's just large enough to hold the chicken. The chicken should be completely submerged. Cover and bring to a boil, then remove the lid and skim off any scum that accumulates on the surface. Keep skimming until there's no more foam coming up. Turn the heat down to a simmer, and cook the chicken for 20 minutes. To make the Taqliya, combine the garlic, coriander and olive oil and salt and mash together into a paste. Prepare the molokhia, by removing the leaves from the stems, and then washing thoroughly to remove the grit that accumulates on the leaves. Use a mezzaluna or chef's knife to mince the leaves. You can also put the leaves in a food processor and pulse. When the chicken is done, transfer it to a bowl using tongs and cover the chicken with plastic wrap to keep it from drying out. Thoroughly wash the rice and cook it according to the direction on the package, but substitute the chicken stock for the water. When the rice 15 minutes away from being done, preheat the oven to 230 C (450 degrees F) spread about 1/3 of the Taqliya on the chicken skin, sprinkle with salt, and then place the chicken on a roasting pan.

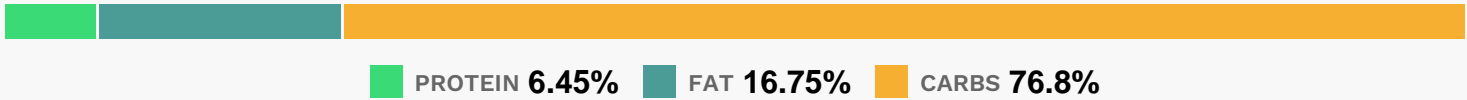
☐ Bake the chicken for 15 minutes, or until the skin is golden brown.

☐ Add half the remaining Taqliya to a pot. Fry the mixture until fragrant and browned.

☐ Add the 1 1/2 cups of reserved chicken stock along with the minced molokhia. Gently simmer, stirring occasionally until the molokhia is cooked (about 10–15 minutes). If you like your molokhia thinner, add more chicken stock. Season to taste with salt and pepper.

- ☐
- Add the remaining Taqliya to a small frying pan along with 2 tablespoons of ghee. Fry until the garlic has browned.
- ☐
- Add the lemon juice to the molokhia and stir it in. To serve, put the rice in a large platter. Section the chicken into pieces and place them on top of the rice.
- ☐
- Serve the Molokhia in a separate bowl to pour on the rice and chicken.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:62.63, Inflammation Score:-6, Nutrition Score:14.285217592169%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 427.07kcal (21.35%), Fat: 7.81g (12.02%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 80.63g (26.88%), Net Carbohydrates: 77.01g (28%), Sugar: 0.03g (0.04%), Cholesterol: 0mg (0%), Sodium: 16.56mg (0.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.54%), Manganese: 1.34mg (67.15%), Folate: 231.29µg (57.82%), Vitamin B1: 0.57mg (38.02%), Iron: 4.62mg (25.69%), Selenium: 15.43µg (22.04%), Vitamin B3: 4.15mg (20.76%), Fiber: 3.61g (14.46%), Copper: 0.27mg (13.68%), Vitamin B5: 1.29mg (12.89%), Phosphorus: 102.02mg (10.2%), Vitamin B6: 0.17mg (8.72%), Zinc: 1.26mg (8.43%), Magnesium: 32.48mg (8.12%), Vitamin E: 1.01mg (6.73%), Vitamin K: 4.21µg (4.01%), Vitamin B2: 0.05mg (3.16%), Potassium: 104.52mg (2.99%), Calcium: 24.92mg (2.49%), Vitamin C: 0.97mg (1.17%)