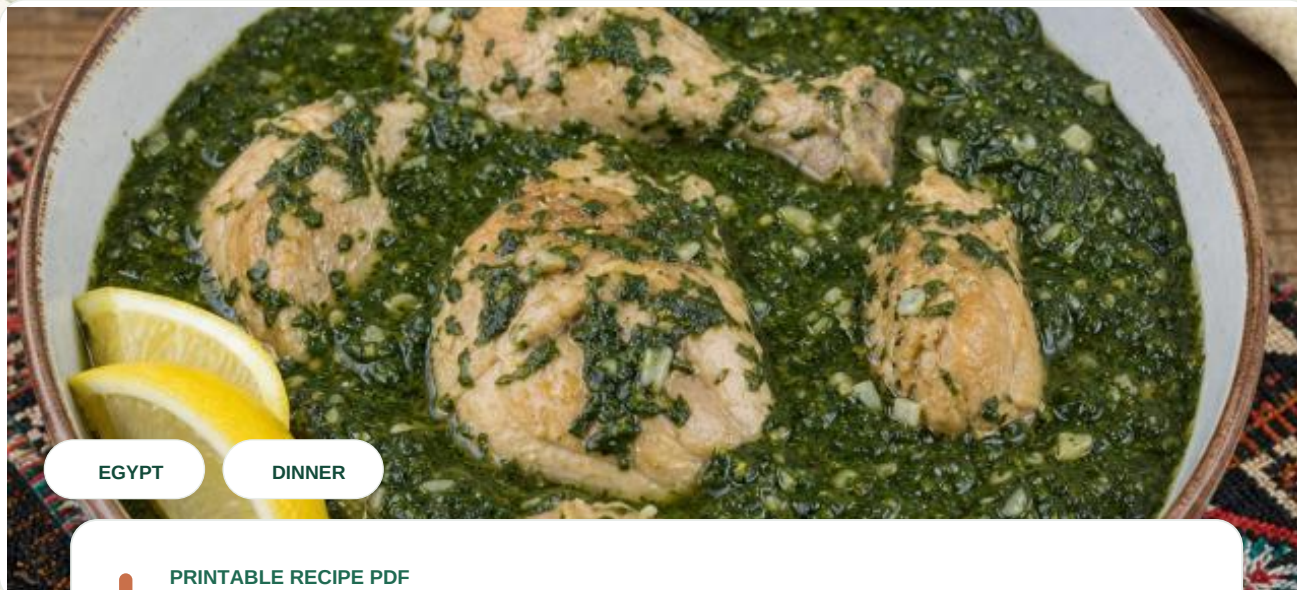




EGYPT

DINNER

PRINTABLE RECIPE PDF

Egyptian Molokhia

Molokhia is a beloved dish in Egyptian cuisine, known for its rich flavor and nutritional benefits. Traditionally made with jute leaves, it has been consumed

PREP

15 min

COOK

30 min

SERVINGS

4

DIFFICULTY

Medium

SHOPPING LIST

Ingredients

- **1 kg** chicken, cut into pieces - you can use bone-in pieces for more flavor
- **250 g** molokhia leaves, finely chopped - fresh or frozen can be used
- **4 cups** chicken broth - homemade is best
- **4 tablespoons** olive oil - extra virgin recommended
- **1 large** onion, chopped - for flavoring the broth
- **6 cloves** garlic, minced - for the molokhia
- **1 tablespoon** ground coriander - adds depth to the flavor
- **1 teaspoon** cumin - for seasoning
- **1 lemon, cut into wedges** for serving

WHY THIS WORKS

About this recipe

A printable Egyptian Molokhia recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Molokhia is a beloved dish in Egyptian cuisine, known for its rich flavor and nutritional benefits. Traditionally made with jute leaves, it has been consumed since ancient times, often served to royalty as a symbol of hospitality and

ORIGIN & TRADITION

Mediterranean context

Molokhia is a beloved dish in Egyptian cuisine, known for its rich flavor and nutritional benefits. Traditionally made with jute leaves, it has been consumed since ancient times, often served to royalty as a symbol of hospitality and celebration.

METHOD

Step-by-step instructions

1

In a large pot, heat the olive oil over medium heat. Add the chopped onion and sauté until translucent.

2

Add the chicken pieces to the pot, season with salt and pepper, and brown for about 5 minutes.

3

Pour the chicken broth into the pot, cover, and let it simmer for 20 minutes or until the chicken is cooked through.

4

Once the chicken is cooked, remove it from the pot and set aside. To the broth, add the finely chopped molokhia, minced garlic, ground coriander, and cumin. Stir well and cook for about 10 minutes until the molokhia is tender.

5

Return the chicken to the pot, stir to combine, and allow to simmer for another 5 minutes.

6

Adjust seasoning as needed and remove from heat. Serve hot with lemon wedges on the side.

CHEF'S TIP

For an authentic texture, avoid overcooking the molokhia; it should remain somewhat slimy.

NUTRITION PER SERVING (EST.)

Calories	350 kcal	Fat	15 g
Protein	30 g	Fiber	5 g
Carbohydrates	20 g	Sodium	500 mg

SERVING SUGGESTION

Serve molokhia over a bed of white rice with the chicken on top, and a squeeze of fresh lemon for brightness.

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