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# Molokhia (Mloukhieh)



5 from 122 votes

This is an authentic Lebanese recipe for how to make Molokhia - which is a jews mallow (jute leaves) hearty healthy stew served over rice!

 <b>Course</b>	Entree, Main Course
 <b>Cuisine</b>	Arabic, lebanese, Middle Eastern
 <b>Prep Time</b>	45 minutes
 <b>Cook Time</b>	1 hour
 <b>Total Time</b>	1 hour 45 minutes
 <b>Servings</b>	12 servings
 <b>Calories</b>	190kcal
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## Equipment

- [Measuring Cups and Spoons](#)
- [Anodized Nonstick Cookware](#)
- [Aluminum Sheet Pans](#)

## Ingredients

### For the chicken

- 1 ½ pounds chicken breast or thighs
- 1 medium onion halved
- 2 [bay leaves](#)
- 2 cinnamon sticks
- 1 teaspoon [salt](#)
- 8 cups water

### For the molokhia

- 3-4 ounces dried molokhia
- 3 medium onions cut into chunks
- 4 tablespoons [olive oil](#) divided
- 1 cup chopped cilantro
- 6 garlic cloves minced
- 1 tablespoon [7 Spice](#)
- 1 tablespoon dried coriander
- 1 teaspoon [salt](#)
- ½ teaspoon [black pepper](#)
- 1 lemon juiced
- ½ lemon sliced

## Instructions

1. Bring 8 cups of water to boil, add the chicken along with the bay leaves, salt and onion. Cook for 20 minutes until chicken is tender and no longer pink. Remove chicken and set aside. Sift the chicken broth and set aside.
2. Preheat the oven to 400°F, place the onions on a baking sheet and drizzle 2 tablespoons of the olive oil on top of the onions. Roast in the oven until browned, about 30 minutes.
3. Pick through molokhia to remove any stems or debris. Soak for 15 minutes and rinse a few times. Squeeze out any liquid and set aside.
4. Heat the remaining 2 tablespoons olive oil in the pot used to make the chicken broth. Add the cilantro and garlic and cook until fragrant, about one minute.
5. Add the molokhia to the mixture along with the 7 Spice, coriander, salt and pepper, and saute until the molokhia softens and becomes fragrant, about 5 minutes. Pour the chicken broth on top of the molokhia and cook on medium heat covered for 30 minutes.
6. Lower the heat to simmer, add the roasted onions, shredded chicken, lemon juice and lemon slices, and simmer for 20 minutes.
7. Serve warm over Lebanese rice, if desired.

## Notes

**Storage:** Keep any leftovers in an airtight container in the fridge and they will keep for around 4 days. You can also freeze the stew and it will keep for up to 3 months.

**Sourcing:** You can find the jute leaves either dried or frozen at Middle Eastern markets.

**Substitutes:** For best results, follow the recipe as is. However here are some common substitutes that would work well in this recipe.

- *Instead of 7 Spice*, you can substitute any mix of paprika, cumin, coriander, ground cloves, nutmeg, cardamom and cinnamon
- *To make it vegan*, just leave the chicken out. You can add other vegetables like potatoes, cauliflower, eggplant or zucchini.

\* *Please note the nutrition label does not include the rice.*

## Nutrition

Calories: 190kcal | Carbohydrates: 6g | Protein: 12g | Fat: 13g | Saturated Fat: 3g | Cholesterol: 43mg | Sodium: 455mg | Potassium: 252mg | Fiber: 2g | Sugar: 2g | Vitamin A: 1041IU | Vitamin C: 15mg | Calcium: 44mg | Iron: 1mg