

Simple Mloukhia with Chicken

Mloukhia is a traditional Middle Eastern dish made from jute leaves, rich in flavor and nutrients. This simple version combines tender chicken with aromatic spices for a comforting meal.



Middle Eastern

30 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 cup fresh or frozen mloukhia leaves
- 1 chicken breast, boneless and skinless
- 2 cups chicken broth
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 1 teaspoon ground coriander
- 1/2 teaspoon cumin
- Salt and pepper to taste
- Lemon wedges for serving

Steps

- 1 In a pot, heat the olive oil over medium heat. Add the minced garlic and sauté until fragrant.
- 2 Add the chicken breast and cook until browned on both sides.
- 3 Pour in the chicken broth and bring to a simmer. Cover and cook for about 10 minutes until the chicken is fully cooked.
- 4 Remove the chicken and shred it into pieces.
- 5 In the same pot, add the mloukhia leaves, ground coriander, cumin, salt, and pepper. Stir well and let it simmer for an additional 5-7 minutes.
- 6 Return the shredded chicken to the pot, mix well, and cook for another 2 minutes to heat through.
- 7 Serve hot with lemon wedges on the side.