



**Noora's  
Molokhia  
with Chicken  
& Simple  
Tabbouleh**

# Noora's Molokhia with Chicken

SERVES 8 PEOPLE

2 TABLESPOONS  
VEGETABLE OIL

500G CHICKEN  
(THIGH OR BREAST), DICED

4 CLOVES GARLIC,  
ROUGHLY CHOPPED

200G DRIED MOLOKHIA  
(JUTE MALLOW), REHYDRATED IN  
WATER FOR AN HOUR

1 TEASPOON SALT

JUICE OF 1 LEMON

1 CUP OF COLD WATER  
(OR VEGETABLE STOCK)

½ CUP CHOPPED CORIANDER

2 LEMONS, QUARTERED,  
TO SERVE

1. Cook the garlic in a little oil in a large pan, stirring to prevent it from burning
2. Lightly brown the chicken with the rest of the vegetable oil in a separate pan
3. Add the chicken to the garlic oil and leave to cook for 3 minutes
4. Drain the molokhia, squeezing out any excess water by hand, and add it to the pan with the rest of the salt and the lemon juice
5. Add the water or stock and bring to a simmer
6. Turn down the heat, put a lid on the pan and leave to simmer for 30-40 minutes



“My mother taught me to cook and the thing I most like about cooking now is when my own children help me. I still cook recipes that remind me of my family's home in Syria and never give up on them.”

# Noora's Simple Tabbouleh

SERVES 8 PEOPLE

1 CUP FLAT LEAF PARSLEY,  
FINELY CHOPPED

4 LARGE TOMATOES,  
FINELY DICED

250G BULGUR WHEAT  
(OR COUS COUS)

1 GARLIC CLOVE, CRUSHED

3 TABLESPOONS OLIVE OIL

JUICE OF 1 LEMON

1. Soak the bulgur wheat in a large mixing bowl by covering with boiling water or vegetable stock and leaving to stand for 3-4 minutes
2. Finely chop the tomatoes and season with a pinch of salt and finely chop the parsley
3. Crush the garlic clove and whisk together with olive oil and lemon juice
4. Combine the tomatoes and parsley with the bulgur wheat using a fork to separate the grains
5. Drizzle over the garlic and lemon juice dressing and cool until ready to serve

(Optional: add finely diced cucumber and spring onion for a crisp finish)



**Noora** is originally from Damascus in Syria. She lives in Gawillan refugee camp in the Kurdistan Region of Iraq with her family, having been forced to leave her home when war broke out. She has a small garden at her shelter where she grows basil, mint, lavender and jasmine but with a larger garden she would grow all kinds of fruit trees.



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