TUNISIAN · LUNCH · DINNER

Marqit Khodra (Tunisian Chard, Chickpea and Beef Stew)

مرقة خضرة

85 min · plus overnight soaking the chickpeas · Serves 4 · 519 kcal a serve

Video 11:12 in Arabic · Sonia Cuisine

Gluten-free ingredients · No dairy listed · No nuts listed

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About 34 g protein, 9 g fibre and 24 g net carbs a serve from beef, chickpeas and half a kilo of chard, which also make it rich in vitamins K, C and A.

Diet notes: Low saturated fat (5.5 g, 9.5% of the energy).

Ingredients 18 · SERVES 4

- [ ] 2 large pieces of **beef** (about 400 g)
- [ ] 2 bunches **Swiss chard** (silverbeet), leaves only, sliced into thin strips
- [ ] 100 g **dried chickpeas**, soaked overnight (not precooked)
- [ ] 100 ml (10 cl) **olive oil**
- [ ] 2 **fresh tomatoes**, finely diced
- [ ] 1 medium **white onion**, finely chopped
- [ ] 1 large **carrot**, sliced
- [ ] 2 **long green peppers**, slit lengthwise
- [ ] 1 bunch **flat-leaf parsley**, finely chopped
- [ ] 1 tbsp **tomato paste**
- [ ] 1 heaped tsp **harissa arbi** (Tunisian chilli paste)
- [ ] 1 tsp **paprika**
- [ ] ½ tsp **ground coriander** (half of 1 tsp tabel w karwiya)
- [ ] ½ tsp **ground caraway** (the other half)
- [ ] ½ tsp **turmeric**
- [ ] 1 tsp **salt**
- [ ] ½ tsp **black pepper**
- [ ] about 100 ml **hot water** (1 small glass)

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Strip the chard leaves from the stems (the stems aren't used), slice the leaves into thin strips and wash them several times in water with a splash of vinegar. Dice the tomatoes and chop the onion. 1:36
2. Heat the olive oil in a heavy pot and sauté the onion 2–3 minutes until translucent. 2:15
3. Add the beef, season it with the salt, turmeric and black pepper and brown 2 minutes. 2:46
4. Add the tomatoes and let them soften, then stir in the tomato paste, harissa, paprika and coriander-caraway and sauté 1–2 minutes. 3:32
5. Pour in a small glass of hot water. When it boils, add half the chard, scatter over the soaked chickpeas and cover with the rest of the chard. Cover and cook 20–30 minutes without stirring; the chard releases its own water. 5:09
6. Add the sliced carrot, cover and simmer 15 minutes, then check the meat and add a little hot water only if needed; cook another 15 minutes until the beef is tender. 7:14
7. Stir in the parsley, lay the slit green peppers on top and cook 5–7 minutes on very low heat until the oil rises to the surface. 8:44

> **Tip** Serves 4 is our estimate, and so is the chard: about 500 g of leaves from her 2 large bunches. Add a turnip with the carrot if you have one. Eat with crusty bread, or on its own as a hearty winter stew.

The method is a summary in our words, in English — the video (in Arabic) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
519 kcal	34 g	32 g	8.6 g	30 g	950 mg
2,170 kJ	68% of a day	24 g net · 9.8 g sugars	31% of a day	5.5 g saturated	41% of a day
		12% of a day		39% of a day	

Energy from net carbs 19% · protein 27% · fat 54% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin K 992% · Vitamin C 97% · Vitamin B12 85% · Vitamin A 75% · Zinc 72% · Vitamin B6 51% · Folate 50% · Selenium 50% · Vitamin E 47% · Iron 39% · Magnesium 39% · Potassium 29%

Source of (10–19%) Omega-3 15% · Calcium 10%

Recipe and video: Sonia Cuisine (@SoniaCuisine) on YouTube — youtube.com/watch?v=QEzUauRGUxw, published 1 April 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/marqit-khodra-tunisian-chard-chickpea-beef