MOROCCAN · LUNCH · DINNER

Moroccan Lentils (Adas, Spiced Lentil Stew)

العدس على الطريقة المغربية

40 min · plus 1 hour soaking the lentils · Serves 6 · 328 kcal a serve · Video 3:20 in Arabic · Recipes Arab

Vegan · Gluten-free ingredients · No nuts listed

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About 20 g protein, 17 g fibre and 28 g net carbs a serve, all from plants; lentils also make it very rich in folate and iron.

Diet notes: Low saturated fat (1.1 g, 3% of the energy); DASH-friendly (400 mg sodium a serve).

Ingredients 15 · SERVES 6

- [ ] 1 lb **brown lentils** (dried), soaked 1 hour
- [ ] 1 **small-to-medium onion**, grated
- [ ] 2 cloves **garlic**, grated (the cook doesn't say how many)
- [ ] 1 **tomato**, seeds removed, grated
- [ ] 1 tsp **tomato paste**
- [ ] 1 tbsp chopped **fresh coriander**
- [ ] 1 tbsp chopped **flat-leaf parsley**
- [ ] about 1½ tbsp (1½ tbsp) **olive oil** (half of ½ small glass of mixed oils)
- [ ] about 1½ tbsp (1½ tbsp) **vegetable oil** (the other half)
- [ ] 1 heaped tsp **turmeric**
- [ ] 1 heaped tsp **sweet paprika** (tahmira)
- [ ] 1 tsp **ground ginger** (skinjbir)
- [ ] ½ tsp **black pepper**
- [ ] **salt**, to taste
- [ ] 4¼ cups **cold water**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

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. Pick over and wash the lentils, then soak them for an hour so the skins stay on as they cook. Drain them into a pressure cooker or heavy pot. 0:31
2. Add the grated onion and garlic, the chopped coriander and parsley, the tomato paste and the grated tomato. 0:56
3. Add the turmeric, paprika, black pepper and ginger, then pour in 4¼ cups of cold water and set it over the heat. 1:19
4. When it comes to the boil, add the salt and the oils and stir well. 2:08
5. Close the pressure cooker and cook 20 minutes once it starts to hiss (in an ordinary pot, simmer 40–45 minutes), until the lentils are soft; add a little more water if needed. 2:19

> **Tip** Moroccans eat it with bread and a few olives; it is also good topped with a poached egg. Serves 6 is our estimate. Add a chopped hot pepper at the end if you like it spicy. Keeps 3 days in the fridge.

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

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
328 kcal 1,370 kJ	19 g 39% of a day	46 g 29 g net · 5.3 g sugars 17% of a day
FIBRE	**FAT**	**SODIUM**
18 g 63% of a day	8.7 g 1.1 g saturated 11% of a day	400 mg 17% of a day

Energy from net carbs 43% · protein 28% · fat 29%

High in (20%+ of a day) Folate 96% · Iron 42% · Omega-3 29% · Zinc 26% · Vitamin B6 26% · Magnesium 20% · Vitamin K 20%

Source of (10–19%) Potassium 19% · Vitamin E 12% · Selenium 12% · Vitamin C 10%

Recipe and video: Recipes Arab (@RecipesArab) on YouTube — youtube.com/watch?v=R8oNe1tKYJU, published 26 February 2016. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, 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/moroccan-lentils-adas