MIDDLE EASTERN · SAUCE

Red Zhug (Yemeni Chilli, Garlic and Coriander Sauce)

10 min · Makes 27 × 1 tbsp · 22 kcal a portion · Video 3:50 · Glen And Friends Cooking

Vegan · Paleo · Gluten-free ingredients · No nuts listed

Raw chillies, sweet peppers, garlic and coriander blended with olive oil and no added sugar: 1 tbsp has about 22 kcal and under 1 g of net carbs, and the fresh chillies make it a source of vitamin C. Vegan and keto-friendly.

Diet notes: Keto (0.7 g net carbs a serve); DASH-friendly (90 mg sodium a serve).

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Ingredients 8 · MAKES 27 × 1 TBSP

- [ ] 200 g **hot red chillies**, stems off (seeds left in)
- [ ] 100 g mild (sweet) red peppers, stems off
- [ ] 5–6 cloves **garlic**
- [ ] 10 g **packed coriander** (cilantro), roughly chopped
- [ ] 1 tsp **salt**
- [ ] 1 tsp **ground cumin**
- [ ] 4 tbsp (60 ml) **olive oil**
- [ ] **Lemon juice**: juice of ½ lemon

Amounts in metric 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. Pull the stems off the hot and mild peppers, leaving them whole with their seeds, and put them in a food processor with the peeled garlic cloves. 0:22
2. Add the lemon juice, salt and ground cumin and process until fairly smooth. 1:09
3. Roughly chop the coriander, add it and process again until you have a paste that still has a little texture. 1:31
4. With the motor running, drizzle in the olive oil. Spoon into a clean jar and keep in the fridge for up to 2 weeks. 1:58

> **Tip** It is very hot: swap some of the hot chillies for more sweet peppers to tame it. Great with shawarma, kebabs, eggs or grilled meat. Makes about 410 ml (our estimate from the batch weight).

The method is a summary in our words — the video shows every step.

One portion (1 tbsp) gives you 1 OF 27 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
22 kcal	0.2 g	1 g	0.3 g	2.1 g	90 mg
90 kJ	0% of a day	0.7 g net · 0.5 g sugars	1% of a day	0.3 g saturated	4% of a day
		0% of a day		3% of a day	

Energy from net carbs 12% · protein 4% · fat 84% — fits keto: 0.7 g net carbs, 84% of the energy from fat

Source of (10–19%) Vitamin C 16%

Recipe and video: Glen And Friends Cooking (@GlenAndFriendsCooking) on YouTube — youtube.com/watch?v=wr47ZD3iyl0, published 24 September 2020. 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/red-zhug-yemeni-chilli-sauce