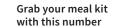


Golden Chicken & Mujadara Rice Bowl

with Lemony Greens & Fetta Yoghurt

GOLD MEDAL MEALS













Garlic Paste



Basmati Rice





Lemon







Chicken Thigh

Fetta Cubes

Baby Broccoli





Yoghurt





Paprika Spice Blend

Prep in: 20-30 mins Ready in: 30-40 mins



If we had to give this dish a medal, we know it's a gold winner in every department! The literal golden chicken is the perfect protein to pair with our take on the Middle Eastern mujadara, which combines lentils and rice into a stellar meal. And we know that when you dig in, it is sure to taste like victory.

Pantry items

Olive Oil, Butter, Balsamic Vinegar, Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1/2	1
lentils	1 packet	2 packets
butter*	20g	40g
garlic paste	1 packet	2 packets
basmati rice	1 medium packet	1 large packet
salt*	1/4 tsp	½ tsp
water*	1½ cups	3 cups
lemon	1/2	1
green beans	1 medium packet	2 medium packets
baby broccoli	1 bunch	2 bunches
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
fetta cubes	1 medium packet	1 large packet
paprika spice blend	1 sachet	2 sachets
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
*Pantry Items		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3529kJ (843cal)	206kJ (49cal)
Protein (g)	62.1g	3.6g
Fat, total (g)	23g	1.3g
- saturated (g)	10.3g	0.6g
Carbohydrate (g)	90.5g	5.3g
- sugars (g)	14.3g	0.8g
Sodium (mg)	1351mg	78.7mg
Dietary Fibre (g)	20.9g	1.2g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Make the rice

- Thinly slice brown onion (see ingredients).
- Drain and rinse lentils.
- In a medium saucepan, heat the butter and a drizzle of olive oil over medium heat. Cook garlic paste until fragrant, 1-2 minutes.
- Add basmati rice, lentils, the salt and water.
 Stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for 10 minutes, then remove from heat and keep covered until the rice is tender and the water is absorbed, 10 minutes.

TIP: The rice will finish cooking in its own steam, so don't peek!



Get prepped

- Meanwhile, halve lemon.
- Trim green beans.
- Trim baby broccoli and halve any thicker stalks lengthways.
- · Cut chicken thigh into strips.
- To a small bowl, add Greek-style yoghurt and fetta cubes and mash to combine. Season with salt and pepper to taste and set aside.
- In a large bowl, combine chicken, paprika spice blend, a pinch of salt and a drizzle of olive oil.



Caramelise the onion

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook onion, stirring regularly, until softened,
 5-6 minutes.
- Reduce heat to medium. Add the balsamic vinegar, brown sugar and a splash of water.
- Cook, stirring until dark and sticky, 3-5 minutes.
 Transfer to a bowl and set aside.



Cook the veggies

- Wipe out frying pan then return to medium-high heat with a drizzle of **olive oil**.
- Cook baby broccoli and green beans, tossing, until tender, 5-6 minutes.
- Remove from heat and add a good squeeze of lemon juice. Season, transfer to a second bowl and cover to keep warm.



Cook the chicken

- Return frying pan to medium-high heat with a drizzle of olive oil.
- Cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes.

TIP: Chicken is cooked through when it is no longer pink inside.



Serve up

- Stir caramelised onion through the rice and season to taste.
- Divide Mujadara rice between bowls.
- Top with golden chicken and lemony greens.
- Spoon over **fetta yoghurt** to serve. Enjoy!

