

# Golden Chicken & Mujadara Rice Bowl

with Lemony Greens & Fetta Yoghurt

GOLD MEDAL MEALS

Grab your meal kit with this number

32



Brown Onion



Lentils



Garlic Paste



Basmati Rice



Lemon



Green Beans



Baby Broccoli



Chicken Thigh



Greek-Style Yoghurt



Fetta Cubes



Paprika Spice Blend

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

Eat Me Early

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                              |
|--------------------------|-----------------|---------------------------------------|
| <b>olive oil*</b>        | refer to method | refer to method                       |
| brown onion              | ½               | 1                                     |
| lentils                  | 1 packet        | 2 packets                             |
| <b>butter*</b>           | 20g             | 40g                                   |
| garlic paste             | 1 packet        | 2 packets                             |
| basmati rice             | 1 medium packet | 1 large packet                        |
| <b>salt*</b>             | ¼ tsp           | ½ tsp                                 |
| <b>water*</b>            | 1½ cups         | 3 cups                                |
| lemon                    | ½               | 1                                     |
| green beans              | 1 medium packet | 2 medium packets                      |
| baby broccoli            | 1 bunch         | 2 bunches                             |
| chicken thigh            | 1 medium packet | 2 medium packets<br>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                             |
| <b>balsamic vinegar*</b> | 1 tbs           | 2 tbs                                 |
| <b>brown sugar*</b>      | 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](https://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!



## 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.



## 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**.



## 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.



## Caramelize 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.



## 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!

## We're here to help!

Scan here if you have any questions or concerns



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