

# Golden Chicken & Mujadara Rice Bowl

with Lemony Greens, Zesty Yoghurt & Roasted Almonds

GOLD MEDAL MEALS

Grab your meal kit with this number

15



Garlic



Lentils



Jasmine Rice



Chicken-Style Stock Powder



Lemon



Green Beans



Baby Broccoli



Onion



Roasted Almonds



Greek-Style Yoghurt



Tamarind Paste



Chicken Breast



Middle Eastern Seasoning

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



Protein Rich



Eat Me Early

This dish is a true feast for champions! Juicy Middle-Eastern spiced chicken, lemony sauteed veg and zingy yoghurt sit atop a new favourite, Mujadara rice, with lentils and caramelised onion stirred through. Here's a bowl of wholesome goodness that packs a punch with flavour.

### Pantry items

Olive Oil, Butter, Honey

## 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 lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
lentils	1 packet	2 packets
<b>butter*</b>	20g	40g
jasmine rice	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
<b>water*</b>	1¼ cups	2½ cups
lemon	½	1
green beans	1 medium packet	1 large packet
baby broccoli	1 medium bunch	2 medium bunches
onion	½	1
roasted almonds	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
tamarind paste	½ medium packet	1 medium packet
<b>honey*</b>	1 tsp	2 tsp
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Middle Eastern seasoning	1 sachet	2 sachets

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3178kJ (760Cal)	366kJ (87Cal)
Protein (g)	69.7g	8g
Fat, total (g)	18.3g	2.1g
- saturated (g)	2.9g	0.3g
Carbohydrate (g)	72.6g	8.4g
- sugars (g)	14.7g	1.7g
Sodium (mg)	1366mg	157mg
Dietary Fibre (g)	22.4g	1.6g

The quantities provided above are averages only.

## Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1 Make the rice

- Finely chop **garlic**. Drain and rinse **lentils**.
- In a medium saucepan, heat the **butter** and a drizzle of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add **jasmine rice**, **lentils**, **chicken-style stock powder** and the **water**. Stir to combine, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **12 minutes**, then remove from heat and keep covered until the rice is tender and the water is absorbed, **10-15 minutes**.

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



## 4 Cook the veggies

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



## 2 Get prepped

- Meanwhile, zest and slice **lemon** into wedges.
- Trim **green beans**.
- Trim **baby broccoli** and halve any thicker stalks lengthways.
- Thinly slice **onion** (see ingredients).
- Roughly chop **roasted almonds**.
- In a small bowl, combine **Greek-style yoghurt** and **lemon zest**. Season to taste and set aside.



## 5 Cook the chicken

- Meanwhile, place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a large bowl, combine **chicken**, **Middle Eastern seasoning** and a drizzle of **olive oil**.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **chicken steaks** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).

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



## 3 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 **tamarind paste** (see ingredients), the **honey** and a splash of water. Cook until dark and sticky, **3-5 minutes**. Transfer to a bowl and set aside.



## 6 Serve up

- Stir caramelised onion through the rice and season to taste. Slice chicken.
- Divide Mujadara rice, lemony greens and golden chicken between bowls.
- Top with a dollop of zesty yoghurt and sprinkle over roasted almonds to serve. Enjoy!

## We're here to help!

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