



Everything
But The Chef

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WK34
2015



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Za'atar Chicken Bowl

Time to tuck into a bowl of nourishment! The classic Middle Eastern pairing of rice and lentils is as filling as it is good for you. This protein-rich offering has everything you are looking for; sweet currants, fresh mint and bright carrot topped with succulent za'atar chicken. We've put a twist on an old classic that is certainly worth dusting off!

- Prep:** 10 mins
- Cook:** 25 mins
- Total:** 35 mins
- lactose free**
- gluten free**
- high protein**
- eat me early**
- level 2**

Pantry Items: Olive Oil



Jasmine Rice



Free-Range
Chicken Thighs



Za-taar



Brown Onion



Garlic



Lentils



Carrot



Currants



Mint



Lemon

2P	4P	Ingredients
100 g	200 g	Jasmine rice
1 cup	2 cups	water
2-3 fillets	4-6 fillets	chicken thighs, quartered †
1 tbs	2 tbs	olive oil *
2 tsp	1 tbs	za'atar
½	1	brown onion, finely chopped
1 clove	2 cloves	garlic, peeled & crushed
1 tin	2 tins	lentils, drained & rinsed
1	2	carrot, peeled & grated
¼ cup	½ cup	currants
1 bunch	2 bunches	mint, finely chopped
½	1	lemon, cut into wedges

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2100	Kj
Protein	37.8	g
Fat, total	20.1	g
-saturated	4.7	g
Carbohydrate	37.9	g
-sugars	14	g
Sodium	221	mg

Measuretool

0 cm	1 cm	2 cm

† **Disclaimer:** Chicken thighs vary in size, you may be supplied with two or three. Please use the supplied amount, in this recipe.

A



You will need: chopping board, chef's knife, vegetable peeler, box grater, medium saucepan with a lid, sieve, small bowl, medium frying pan, spatula and a large bowl.

1 Place the **Jasmine rice** into a sieve and rinse it with cold tap water. The water will initially become cloudy, continue to rinse until the water becomes clear enough (it doesn't need to be crystal). Place rice and **water** in a medium saucepan and bring to the boil. Cover with a lid and reduce the heat to medium. Simmer, covered, for **10-12 minutes** or until rice is soft and water is absorbed.

2



2 Meanwhile, toss the **chicken** in half the **olive oil** and the **za'atar** in a small bowl until well coated. Set aside.

3



3 Heat the remaining olive oil in a medium frying pan over a medium heat. Add the **brown onion** and garlic and cook stirring for **2-3 minutes** or until the onion is softened. Add the **lentils** and rice and cook stirring for 1-2 minutes or until they are flavoured by the onions. Transfer to a large bowl. Stir through the **carrot**, **currants**, **mint** and squeeze the juice from half of the **lemon wedges**. Season to taste with **salt** and **pepper**.

4 Place the same frying pan back on a medium-high heat. Add the za'atar coated chicken and cook for **3-4 minutes** on each side, or until cooked through.

4



5 To serve, divide rice and lentil salad between plates and top with the chicken. Serve with remaining **lemon wedges**.

Did you know? Due to over-harvesting, the fresh za'atar herb grown in Israel was on the verge of extinction and has since been declared a protected species.