



Everything But The Chef

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WK34  
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## Za'atar Roasted Sprouts with Rice & Lentil Salad

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 salty fetta and sprouts as you have never seen them before!!



Prep: 10 mins

Cook: 25 mins

Total: 35 mins



gluten free



nut free



level 1



high fibre



low kJ



**Pantry Items:** Olive Oil, Water



Brussels Sprouts



Za'atar



Jasmine Rice



Red Onion



Garlic



Feta



Lentils



Carrot



Currants



Mint



Lemon

2P	4P	Ingredients	
8	16	Brussels sprouts, halved	A
1 tsp	2 tsp	za'atar	
1 tbs	2 tbs	olive oil *	
100 g	200 g	Jasmine rice	
1 cup	2 cups	water *	
½	1	red onion, finely chopped	⊕
1 clove	2 cloves	garlic, crushed	⊕
1 tin	2 tins	lentils, drained & rinsed	B
1	2	carrot, peeled & grated	⊕
¼ cup	½ cup	currants	
½ bunch	1 bunch	mint, finely shredded	C ⊕
1	2	lemon, juiced	
½ block	1 block	fetta, crumbled	

⊕ May feature in another recipe

\* Pantry Items

### Nutrition per serving

Energy	1580	Kj
Protein	15.6	g
Fat, total	14.4	g
-saturated	5	g
Carbohydrate	39.9	g
-sugars	16	g
Sodium	354	mg

### Measuretool

0 cm	1 cm	2 cm



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

**1** Preheat the oven to **200°C/180°C** fan-forced. Line an oven tray with baking paper.

**2** Toss the **Brussels sprouts** in half of the **olive oil** and the **za'atar**. Season generously with **salt** and **pepper**. Place on the prepared oven tray in a single layer and cook for **20 minutes** or until tender.

**3** Meanwhile, place the **Jasmine rice** into a sieve and rinse 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 has absorbed.

**4** Heat the remaining olive oil in a medium frying pan over a medium heat. Add the **red onion** and **garlic** and cook stirring for **3 minutes** or until softened. Add the **lentils** and rice and cook stirring for about **2 minutes** or until they dry out a little. Transfer to a large bowl. Stir through the **carrot**, **currants**, **mint** and **lemon juice**.

**5** To serve, divide the salad between bowls. Top with the za'atar Brussels sprouts and crumbled **fetta**.

**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.