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WK33
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Mujadara with Green Beans & Crispy Onions

Mujadara is a traditional Lebanese dish, authentically made with just 4 ingredients: rice, lentils, onion and olive oil. That version is beautiful, but we think our twist on the classic is pretty special too. With slivered almonds, aromatic cumin and crispy fried onion, this dinner is a perfect presentation of flavour and texture.



Prep: 15 mins

Cook: 20 mins

Total: 35 mins



level 1



gluten free



vegan

Pantry Items



Water



Olive Oil



Basmati Rice



Green Beans



Slivered Almonds



Garlic



Cumin



Lentils



Baby Spinach



Red Onion



Parsley



Lemon

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2P	4P	Ingredients
1 packet	2 packets	Basmati rice, rinsed well
3 cups	6 cups	water *
1 bag	2 bags	green beans, trimmed & cut in half
1 packet	2 packets	slivered almonds
2 tbs	4 tbs	olive oil *
2 cloves	4 cloves	garlic, peeled & crushed ⊕
½ sachet	1 sachet	cumin (recommended amount)
1 tin	2 tins	lentils, rinsed & drained
½ bag	1 bag	baby spinach, washed 🌿 ⊕
1	2	red onion, finely sliced
½ bunch	1 bunch	parsley, finely chopped ⊕
½	1	lemon, cut into wedges ⊕

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2540	Kj
Protein	17.1	g
Fat, total	24.4	g
-saturated	2.7	g
Carbohydrate	74.1	g
-sugars	4.4	g
Sodium	60	mg

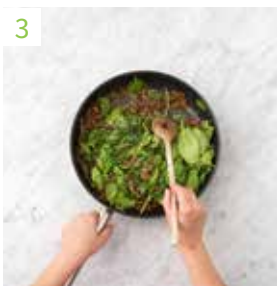


You will need: sieve, chef's knife, chopping board, garlic crusher, large saucepan, medium frying pan, small bowl, wooden spoon and a large bowl.

1 Place the **Basmati rice** and **water** in a large saucepan with a pinch of salt over a high heat. Bring to the boil, then reduce the heat and simmer for **6-8 minutes**. Add the **green beans** and cook for a further **2 minutes**. Drain and set aside.



2 Heat a medium frying pan over medium heat and add the **slivered almonds** to toast. Cook for **3-4 minutes**, shaking the pan occasionally or until golden. Remove almonds from pan and set aside in a small bowl.



3 Heat half of the **olive oil** over a medium heat in the same frying pan, then add the **garlic** and **cumin**. Stir with a wooden spoon and cook for **2 minutes** or until fragrant. Add the **lentils** and **baby spinach** to the pan, season well with **salt** and **pepper**, and cook for a further **2 minutes**, or until the baby spinach has wilted. Transfer to a large bowl and set aside.



4 Using the same frying pan again, heat the remaining olive oil over a medium heat and add the **red onion**. Cook for **5-6 minutes**, stirring occasionally, to ensure the onion doesn't burn. Stirring too much will prevent the onion from becoming crispy. Don't be too concerned if the onion is a little bit charred, this adds to the flavour and authenticity of the dish.

5 Add the cooked Basmati rice to the lentil mixture and stir gently to combine. Divide between plates and top with the crispy onion, toasted almonds and **parsley**. Serve with the **lemon wedges**.

Did you know? The Ancient Greeks believed that parsley sprung from the blood of Archimedes after he slayed a dragon.