

DINNERLY



Baharat Cauliflower Mujaddara with Mint Yogurt & Fried Onions



30-40min



2 Servings

Mujaddara, a Middle Eastern classic, is a vegetarian powerhouse dish of nutrients and flavor. Our version subs in cauliflower rice for an extra hit of veggies (you can thank us later). The star flavor is earthy Baharat spice, which brings a sweet smokiness to the mujaddara served with a creamy mint and lemon yogurt sauce. We've got you covered!

WHAT WE SEND

- 3 oz French green lentils
- ¼ oz fresh mint
- 1 lemon
- 4 oz Greek yogurt ¹
- ¼ oz baharat spice blend ²
- 2 (½ oz) fried onions
- ¼ oz cumin seeds
- 12 oz cauliflower rice

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil

TOOLS

- small saucepan
- microplane or grater
- medium skillet

ALLERGENS

Milk (1), Sesame (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 440kcal, Fat 22g, Carbs 40g, Protein 23g



1. Cook lentils

In a small saucepan, combine **lentils**, **4 cups water**, and **1 teaspoon salt**. Cover and bring to a boil. Uncover, then simmer over medium heat until just tender but not falling apart, 15–18 minutes. Reserve **¼ cup cooking water**; drain **lentils**. Reserve for step 3.



2. Make sauce

Pick **mint leaves** from stems; finely chop half. Finely grate the **zest of 1 lemon**.

Into a small bowl, squeeze **1 tablespoon lemon juice**. Whisk in **chopped mint**, **yogurt**, **half of the lemon zest**, and **½ teaspoon baharat**. Season to taste with **salt and pepper**.



3. Begin mujaddara

Heat **2 tablespoons oil** in a medium skillet over medium heat. Add **half of the fried onions** and **1 teaspoon each of cumin seeds and baharat spice**. Cook, stirring frequently, until fragrant and onions are a shade darker, 2–3 minutes.

Add **cauliflower rice** and **cooked lentils**; increase heat to medium-high.



4. Cook mujaddara

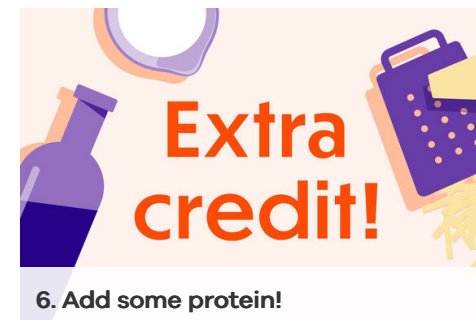
Cook **cauliflower and lentils**, stirring frequently, until cauliflower is crisp-tender, about 5 minutes. If a browned layer begins to build up on bottom of skillet, add **a splash of reserved cooking water**, scrape bottom of skillet with a spatula, and continue cooking. Stir in **remaining lemon zest**. Season to taste with **salt and pepper**.



5. Serve

Transfer **mujaddara** to a platter or divide between bowls. Scatter **remaining fried onions** and **mint leaves** (tear if large) over mujaddara. Drizzle with **oil**, if desired. Cut **remainder of lemon** into wedges.

Serve **mujaddara** with **yogurt sauce** and **lemon wedges**. Enjoy!



6. Add some protein!

If you're craving extra protein, a serving of chicken, shrimp, or tofu would perfectly complement this dish!