



## Mujadara Grain Bowl

with Honey Harissa Roasted Carrots



30-40min



2 Servings

Mujadara is a popular Middle Eastern dish, and for a good reason—it's full of green lentils and quick-cooking brown rice. This grain duo provides a protein-packed foundation for sweet and spicy roasted carrots and onions and a runny fried egg. A sprinkle of fresh mint, crumbled feta, lemon zest, and pomegranate seeds ties it all together. The finished bowl is hearty, comforting, and brimming with flavor and texture.



## What we send

- 8 oz carrots
- 1 large red onion
- ¼ oz harissa spice blend
- 1 oz honey
- 3 oz French green lentils
- 5 oz quick-cooking brown rice
- 1 lemon
- ¼ oz fresh mint
- 1½ oz feta cheese <sup>7</sup>
- 1 oz pomegranate seeds

## What you need

- kosher salt & ground pepper
- olive oil
- 2 large eggs <sup>3</sup>

## Tools

- large saucepan
- rimmed baking sheet
- fine-mesh sieve
- microplane or grater
- medium nonstick skillet

## Allergens

Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 970kcal, Fat 42g, Carbs 115g, Proteins 31g



### 1. Prep veggies

Preheat oven to 450°F with a rack in the upper third. Bring a large saucepan of **salted water** to a boil. Scrub **carrots**, then halve (or quarter, if large) lengthwise. Halve and cut **all of the onion** into 1-inch wedges through the root end.



### 2. Roast veggies

On a rimmed baking sheet, toss **halved carrots** and **onions** with **all of the harissa**, **2 tablespoons oil**, and a **generous pinch each of salt and pepper**. Roast on upper oven rack until veggies are tender and golden brown, stirring halfway through, 25-30 minutes. Out of the oven, drizzle with **honey** and carefully toss to coat.



### 3. Boil rice & lentils

Add **lentils** and **rice** to boiling water and cook, like pasta, stirring occasionally, until grains are tender, 20-25 minutes. Drain in a fine-mesh sieve, rinse with cold water, drain well again and return grains to saucepan. Cover to keep warm until ready to serve.



### 4. Prep toppings

Finely grate **all of the lemon zest**, then cut lemon into wedges. Pick **mint leaves** from stems.



### 5. Fry eggs

Heat **2 tablespoons oil** in a medium nonstick skillet over high. Carefully crack **2 large eggs** into the skillet (be careful, they may splatter), and sprinkle lightly with **salt** and **pepper**. Cook until the edges are light brown and crispy and whites are just set, about 1 minute. Cover and cook, 1-2 minutes; edges should be very crispy and yolks still runny.



### 6. Finish & serve

Spoon **grains** into shallow bowls and top with **veggies** and **fried eggs**. Garnish with **crumbled feta**, **pomegranate seeds**, **mint leaves**, **lemon zest**, and a **squeeze of lemon juice**. Enjoy!