



Baharat Chicken & Cauliflower Mujaddara

with Mint Yogurt Sauce



30-40min



2 Servings

Our spin on mujaddara, a Middle Eastern classic, substitutes cauliflower rice to boost the veggie intake. Chicken marinates in lemony yogurt with baharat spice for sweet smokiness. Fried onions and cumin seeds sauté with the cauliflower and lentils before topped with the chicken to broil, allowing the savory chicken juices to flavor the mujaddara. A mint yogurt sauce adds creamy coolness to this deeply flavorful dish.

What we send

- 3 oz French green lentils
- ¼ oz fresh mint
- 1 lemon
- garlic
- 4 oz Greek yogurt ⁷
- ¼ oz baharat spice blend ¹¹
- 10 oz pkg chicken breast strips
- 2 (½ oz) fried onions ⁶
- ¼ oz cumin seeds
- 12 oz cauliflower rice

What you need

- kosher salt & ground pepper
- olive oil

Tools

- small saucepan
- microplane or grater
- medium ovenproof skillet

Cooking tip

If your broiler has multiple settings, set it to high heat during step 3.

Allergens

Soy (6), Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 690kcal, Fat 36g, Carbs 40g, Protein 55g



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.

Pick **mint leaves** from stems; finely chop half. Finely grate **lemon zest** and **2 large garlic cloves**, keeping separate.



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. Season to taste with **salt** and **pepper**. Spread **mujaddara** into an even layer.



2. Prep chicken & sauce

In a medium bowl, whisk **half of the lemon zest and garlic**, **1 tablespoon each of yogurt and oil**, **½ tablespoon lemon juice**, **2 teaspoons baharat spice**, and **1 teaspoon salt**. Pat **chicken** dry, add to marinade, and mix to evenly coat.

In a small bowl, whisk **chopped mint**, **1 tablespoon lemon juice**, and **remaining yogurt, lemon zest, and garlic**. Season with **salt** and **pepper**.



5. Cook chicken

Scatter **chicken** in a single layer over top of **mujaddara**. Broil on upper oven rack, rotating occasionally, until chicken is browned in spots and cooked through, 5-8 minutes (watch closely as broilers vary).



3. Begin mujaddara

Preheat oven to broil with a rack 6 inches from heat.

Heat **2 tablespoons oil** in a medium ovenproof skillet over medium. Add **half of the fried onions, remaining baharat spice**, and **1 teaspoon cumin seeds**. 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.



6. Finish & serve

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

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