



Tray Bake: Chicken Mujaddara

with Lemon-Mint Yogurt & Baharat



30-40min



2 Servings

This dinner shortcut is no work, all flavor. Just mix the ingredients in our easy-to-use foil tray, pop it in the oven, and enjoy your mess-free, perfectly baked meal. In about 30 minutes, tender lentils, fluffy basmati rice, fried onions, and aromatic baharat form the base for this super satisfying no-mess meal. Yogurt and garlic-marinated chicken is broiled on top, then it's all served with a lemon-mint yogurt.

What we send

- aluminum foil tray
- 3 oz French green lentils
- 5 oz basmati rice
- 2 (½ oz) fried onions ⁶
- ¼ oz baharat spice blend ¹¹
- 10 oz pkg chicken breast strips
- garlic
- 4 oz Greek yogurt ⁷
- ¼ oz fresh mint
- 1 lemon

What you need

- kosher salt & ground pepper
- olive oil

Tools

- small saucepan or kettle
- aluminium foil
- microplane or grater

Cooking tip

If your broiler has multiple settings, set it to high heat during step 2.

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 600kcal, Fat 16g, Carbs 59g, Protein 54g



1. Prep mujaddara

Preheat oven to 400°F with racks in the center and 6 inches away from the broiler. In a small saucepan or kettle, bring **1¼ cups water** to a boil. In aluminum tray, combine **lentils**, **⅓ cup of rice**, **half of the fried onions**, **1 teaspoon baharat**, and **½ teaspoon salt**. Pour **boiling water** into tray and stir until evenly mixed.



4. Make yogurt sauce

Pick **mint leaves** from stems; finely chop half. Into a medium bowl, finely grate **1 small garlic clove** and the **zest of half the lemon**. Add **remaining yogurt**, **chopped mint**, and **½ tablespoon lemon juice**; season to taste with **salt** and **pepper**. Set aside until ready to serve.



2. Cook mujaddara

Cover tray with aluminum foil. Bake **mujaddara** on center rack until **liquid** is absorbed and **rice** and **lentils** are tender, about 20 minutes. Remove tray from oven and rest, covered, for 5 minutes. Switch oven to broil.



5. Cook chicken

Once **mujaddara** has rested, uncover tray and scatter **chicken** in a single layer over top. 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. Marinate chicken

Meanwhile, pat **chicken** dry; cut into 1-inch pieces if necessary. Into a large bowl, finely grate **1 large garlic clove**. Add **chicken**, **1 tablespoon each of yogurt and oil**, and **remaining baharat**; season with **salt** and **pepper**. Mix until evenly incorporated; set aside to marinate at room temperature while **mujaddara** is cooking.



6. Finish & serve

Scatter **remaining fried onions** and **whole mint leaves** (tear if large) over **chicken and mujaddara**. Drizzle with **oil** if desired. Cut **lemon** into wedges. Serve **chicken and mujaddara** with **yogurt sauce** and **lemon wedges**. Enjoy!