

# MARLEY SPOON



## 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 <sup>6</sup>
- ¼ oz baharat spice blend <sup>11</sup>
- 10 oz pkg chicken breast strips
- garlic
- 4 oz Greek yogurt <sup>7</sup>
- 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.

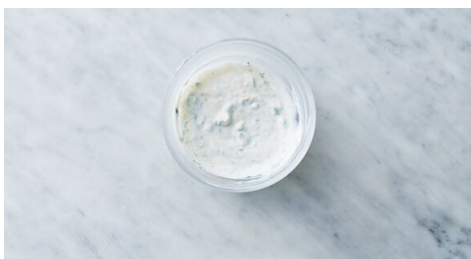
## Nutrition per serving

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



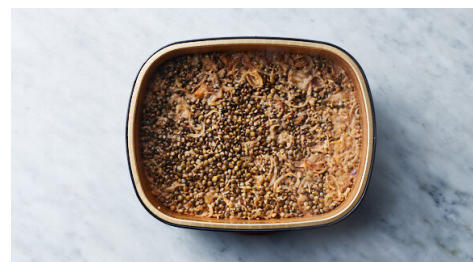
### 1. Prep mujaddara

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!