

DINNERLY



Mujaddara Bowl with Lentils, Rice & Onions

Developed by Our Registered Dietitian



30-40min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. Of all the things you can eat out of a bowl, mujaddara should be at the top of your list. This Middle Eastern dish combines lentils, rice, and onions for the hearty, filling base. Top it with roasted carrots, fried eggs, a dollop of yoghurt, and cilantro for a vegetarian meal like no other. We've got you covered!

WHAT WE SEND

- 2 carrots
- 1 red onion
- ¼ oz garam masala
- 3 oz French green lentils
- 5 oz quick-cooking brown rice
- ½ oz fresh cilantro
- 4 oz Greek yogurt ⁷

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- 2 large eggs ³

TOOLS

- medium pot
- rimmed baking sheet
- 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 870kcal, Fat 37g, Carbs 99g, Protein 33g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third.

Bring a medium pot of **salted water** to a boil.

Scrub **carrots**, then cut on a diagonal into ¼-inch rounds. Halve and thinly slice **onion**.



2. Roast carrots & onions

On a rimmed baking sheet, toss **carrots** and **onions** with **garam masala**, **2 tablespoons oil**, and **a generous pinch each of salt and pepper**.

Roast on upper oven rack until tender and golden brown, stirring halfway through, 25–30 minutes.



3. Cook rice & lentils

Add **lentils** and **rice** to boiling **salted water** and cook, stirring occasionally, until grains are tender, 20–25 minutes. Drain in a fine-mesh sieve, rinse with cold water, and drain well again. Return to saucepan off heat; cover to keep warm until ready to serve.



4. Fry eggs

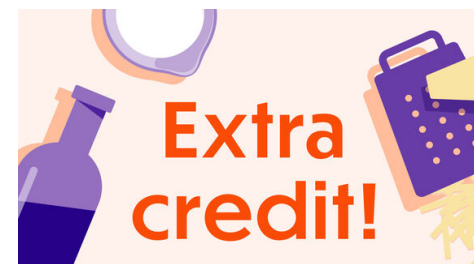
Heat **2 tablespoons oil** in a medium nonstick skillet over medium-high. Crack in **2 large eggs** (careful, they may splatter). Lightly season with **salt** and **pepper**. Cook until edges are light brown and crispy and whites are just set, about 1 minute. Cover and cook until edges are very crispy and yolks still runny, 1–2 minutes.



5. Finish & serve

Pick **cilantro leaves** from stems; discard stems. Thin **yogurt** with **water**, as desired; season with **a pinch each of salt and pepper**. Stir **¼ cup of the roasted onions** into pot with **rice and lentils**. Season to taste with **salt** and **pepper**.

Serve mujaddara bowl topped with **veggies, fried eggs, yogurt**, and **cilantro**. Enjoy!



6. Check us out!

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