



## 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

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

### 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.



### 4. Prep toppings

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



### 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.



### 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.



### 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.



### 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!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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