



UCOOK

Loaded Mujadara & Hummus

with baby marrow, feta, flaked almonds & dried pomegranate gems

Get ready for a taste of Lebanon! Mujadara is an Arabic dish of lentils, rice, crisped onion, and almond flakes boasting a variety of flavours and textures. We've pumped it up with a Labanese-style cannellini bean hummus and a baby marrow, feta, and dried pomegranate salad.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

 Vegetarian

 Warwick Wine Estate | Three Cape Ladies

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Ingredients & Prep

30ml	Dried Brown Lentils
15g	Flaked Almonds
1	Onion <i>peeled & finely sliced</i>
75ml	White Basmati Rice <i>rinsed</i>
5ml	Vegetable Stock
120g	Cannellini Beans <i>drained & rinsed</i>
22,5ml	Tahini
1	Lemon <i>½ zested & cut into wedges</i>
7,5ml	NOMU Moroccan Rub
20g	Dried Pomegranate Gems
150g	Baby Marrow <i>rinsed, trimmed & diced</i>
40g	Danish-style Feta <i>drained</i>
3g	Fresh Mint <i>rinsed & picked</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)
Blender

1. LET IT SIMMER AWAY Rinse the lentils and place in a pot. Submerge in 350ml of water, pop on a lid, and place over a medium-high heat. Once boiling, reduce the heat and simmer for 8-10 minutes until slightly softened but not cooked.

2. GOLDEN ALMONDS & ONIONS Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside to cool. Return the pan to a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 12-15 minutes until golden brown, shifting regularly. On completion, turn up the heat and sauté until nicely crisped, then remove the pan from the heat.

3. GET IN THE MIX When the lentils have finished simmering, stir in the rinsed rice, the stock, and 300ml of salted water. Bring back up to a simmer and replace the lid. Cook for 10-15 minutes or until the liquid has been absorbed and the rice and lentils are cooked. Keeping the lid on, remove the pot from the heat and set aside to steam for about 5 minutes.

4. WHILE THE RICE IS COOKING... Place the drained cannellini beans, the tahini, the juice of 1 lemon wedge, and a drizzle of olive oil in a blender. Blend until smooth, transfer to a bowl, and mix in seasoning. Use the back of a spoon to create a swirl on the surface. Drizzle with olive oil, and sprinkle over ¼ of the Moroccan Rub and ½ of the dried pomegranate gems. Set aside for serving.

5. FLAVOUR-PACKED SALAD Place the diced baby marrow in a bowl. Toss through the lemon zest, the remaining Moroccan Rub, and some oil until coated. Place a pan (use a grill pan if you have one) over a high heat. When hot, fry the baby marrow for 2-3 minutes until charred. Return to the bowl and toss through the drained feta and the remaining dried pomegranate gems.

6. A TRIP TO LEBANON! Scoop a generous portion of mujadara into a bowl and top with the crispy onion. Scatter over the almonds and mint leaves. Spoon in the baby marrow salad and garnish with a lemon wedge. Have the Lebanese-style hummus at hand for dolloping as you please! Sahtein, Chef!



Chef's Tip

The fried onion's crunch elevates this dish! It should be deep brown but not burnt, so if it's browning too quickly, reduce the heat. If bits get stuck to the pot, deglaze it with drops of water and a good scrape.

Nutritional Information

Per 100g

Energy	622kj
Energy	149Kcal
Protein	5.9g
Carbs	20g
of which sugars	2.6g
Fibre	3.8g
Fat	5.4g
of which saturated	1.6g
Sodium	254mg

Allergens

Dairy, Allium, Sesame, Sulphites, Tree Nuts

Cook
within
4 Days