



UCOOK

Lebanese Mujadara & Hummus

with dried cranberries & pomegranate molasses

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 Lebanese-style cannellini bean hummus and a baby marrow, dried cranberries, and pomegranate molasses salad. Allow us to transport you to faraway lands.

Hands-On Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Ella Nasser

 Vegetarian

 Cavalli Estate | White Knight

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

85ml	Dried Brown Lentils
45g	Flaked Almonds
3	Onions <i>peeled & finely sliced</i>
225ml	White Basmati Rice <i>rinsed</i>
15ml	Vegetable Stock
360g	Cannellini Beans <i>drained & rinsed</i>
65ml	Tahini
2	Lemons <i>1½ zested & cut into wedges</i>
22,5ml	NOMU Moroccan Rub
60g	Dried Cranberries
45ml	Pomegranate Molasses
450g	Baby Marrow <i>rinsed, trimmed & cut into rounds</i>
8g	Fresh Mint <i>rinsed & picked</i>

From Your Kitchen

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

1. LET IT SIMMER AWAY Rinse the lentils and place in a pot. Submerge in 700ml 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 15-20 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 and the stock. 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 3 lemon wedges, and a drizzle of olive oil in a blender. Pulse until smooth, transfer to a bowl, and mix through some 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 cranberries. Set aside for serving. In a small bowl, combine the pomegranate molasses with 20ml of oil, some lemon juice and season to taste. Set aside.

5. FLAVOUR-PACKED SALAD Place the baby marrow rounds 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 3-4 minutes until charred. Return to the bowl and toss through the remaining dried cranberries.

6. A TRIP TO LEBANON! Scoop a generous portion of mujadara into bowls 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 and drizzle over the pomegranate molasses to taste. 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	579kj
Energy	138Kcal
Protein	4.6g
Carbs	24g
of which sugars	4g
Fibre	4.4g
Fat	2.9g
of which saturated	0.4g
Sodium	195mg

Allergens

Dairy, Allium, Sesame, Sulphites, Tree Nuts

Cook
within
4 Days