



Everything
But The Chef

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Za'atar Chicken with Rainbow Rice Salad

White rice is all well and nice, but what about a rainbow? This rainbow salad is chock full of exciting colours and textures and flavours – it's like a carnival on your plate! Herby, onion infused lentil and rice salad would be good with anything or even by itself, but when it gets together with caramelised pieces of za'atar-flavoured chicken, that's when you've got a real party on your hands.

Prep: 15 mins



Cook: 20 mins

Total: 35 mins



level 1



lactose
free



gluten
free



high
protein



eat me
early

Pantry Items



Water



Olive Oil



Jasmine Rice



Chicken Breast



Za'atar



Red Onion



Garlic



Lentils



Carrot



Currants



Mint



Lemon

2P	4P	Ingredients	
⅔ cup	1 ⅓ cups	Jasmine rice	
1 ½ cups	3 cups	water *	
1 fillet	2 fillets	chicken breast, diced into 3 cm pieces	A
1 tbs	2 tbs	olive oil *	
2 tsp	1 tbs	za'atar	
½	1	red onion, finely chopped	⊕
1 clove	2 cloves	garlic, peeled & crushed	
1 tin	2 tins	lentils, drained & rinsed	
1	2	carrot, peeled & grated	⊕
2 tbs	4 tbs	currants	
1 bunch	2 bunches	mint, finely chopped	⊕
½	1	lemon, cut into wedges	⊕

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2280	Kj
Protein	43.8	g
Fat, total	17.6	g
-saturated	4	g
Carbohydrate	47.1	g
-sugars	16.1	g
Sodium	193	mg

Measuretool

0 cm	1 cm	2 cm

A



You will need: *chef's knife, chopping board, vegetable peeler, sieve, grater, garlic crusher, medium saucepan with a lid, medium frying pan, and two large bowls.*

2



1 Place the **Jasmine rice** into a sieve and rinse it with cold tap water. Rinse until the water becomes clear. Place rice and **water** in a medium saucepan and bring to the boil over a high heat. Cover with a lid and reduce the heat to medium. Simmer, covered, for **10-12 minutes** or until the rice is soft and the water is absorbed.

2 Meanwhile, toss the **chicken breast pieces** in half of the **olive oil** and the **za'atar** in a large bowl until well coated. Set aside.

3



3 Heat the remaining olive oil in a medium frying pan over a medium heat. Add the **red onion** and **garlic** and cook, stirring, for **2-3 minutes** or until the onion is soft. Add the **lentils** and rice and cook, stirring, for **1-2 minutes** or until they are flavoured by the onion. Transfer to a large bowl. Stir through the **carrot**, **currants**, **mint** and squeeze the juice from half of the **lemon wedges**. Season to taste with **salt and pepper**.

4 Place the same frying pan back on a medium-high heat. Add the za'atar coated chicken and cook for **3-4 minutes**, turning occasionally, or until cooked through and caramelised.

5 To serve, divide the rice and lentil salad between plates and top with the chicken. Serve with the remaining lemon wedges.

4



Did you know? The word 'lens' (i.e. a contact lens) was inspired by the shape of the split lentil!