



# Middle Eastern Mushroom Rice Bowl

with golden fried cheese and refreshing yoghurt sauce

Veggie Quick Cook 20 – 25 mins • Optional spice

8



Onion



Rice



Garlic



Grilling Cheese



Mushrooms



Lemon



Middle Eastern Style Spice Mix



Bell Pepper



Coriander



Yoghurt



Vegetable Stock



Dried Chilli Flakes

Pantry Items: Water, Salt, Oil, Pepper, Butter



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Grater, pot with lid

## Ingredients

	2P	4P
Onion	1 unit	2 units
Rice	150 g	300 g
Garlic	2 units	4 units
Grilling Cheese	200 g	400 g
Mushrooms	150 g	250 g
Lemon	1 unit	2 units
Middle Eastern Style Spice Mix	1 sachet	2 sachets
Bell Pepper	1 unit	2 units
Coriander	5 g	10 g
Yoghurt	75 g	150 g
Vegetable Stock	1 sachet	2 sachets
Dried Chilli Flakes	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	494.5 g	100 g
Energy (kJ/kcal)	3046 kJ/ 728 kcal	616 kJ/ 147.2 kcal
Fat (g)	28.7 g	5.8 g
Sat. Fat (g)	17.6 g	3.6 g
Carbohydrate (g)	84.5 g	17.1 g
Sugars (g)	16.2 g	3.3 g
Protein (g)	37.7 g	7.6 g
Salt (g)	3.9 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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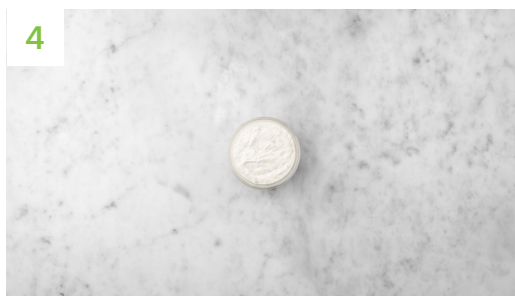


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## Get Prepped

- Halve and peel the **onion**. Finely chop **half** and cut the other **half** into thin slices.
- Peel and grate the **garlic** (or use a garlic press). Halve the **lemon**.
- Roughly chop the **mushrooms**.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Cut the **cheese** into slices (three per person). Place the slices in a bowl of cold water and leave to soak.



## Make the Yoghurt Sauce

- Meanwhile, roughly chop the **coriander** (stalks and all).
- In a bowl, mix **half** the **coriander** with the **yoghurt**, **chilli flakes** (use less if you don't like spice), 2 tsp **lemon** juice and ½ tbsp **oil** (double both for 4p).
- Season to taste with **salt** and **pepper**.



## Cook the Rice

- Place a pot over medium-high heat with ½ tbsp **butter** (double for 4p) and a drizzle of **oil**.
- When hot, fry the finely chopped **onion** until softened, 2-3 mins.
- Stir in the **rice**, **stock powder** and 300ml cold **salted water** (double for 4p).
- Bring to the boil then lower the heat to medium and cover with the lid.
- Cook for 10 mins, then remove the pot from the heat and keep covered for another 10 mins (the **rice** will continue to cook in its own steam).



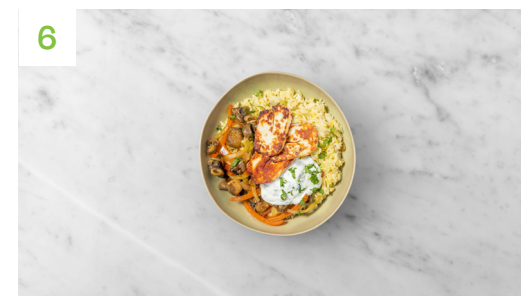
## Fry the Cheese

- Transfer the **cheese** to a plate lined with kitchen paper and pat dry.
- Wipe the pan and return to medium-high heat with a drizzle of **oil**.
- Once hot, fry the **cheese** until golden, 2-3 mins on each side.



## Soften the Veg

- Meanwhile, place a pan over medium-high heat with ½ tbsp of **butter** (double for 4p) and a drizzle of **oil**.
- Once hot, fry the **garlic** and sliced **onion** until fragrant, 3-4 mins.
- Add the **Middle Eastern spice mix**, **pepper** and **mushrooms** and fry on high heat until softened, 6-8 mins.
- Stir in 2 tsp **lemon** juice (double for 4p). Season to taste with **salt** and **pepper**.
- Transfer the veg from the pan and cover to keep warm (reserve the pan for later use).



## Garnish and Serve

- Fluff up the **rice** with a fork and divide between bowls.
- Spoon over the spiced veg.
- Arrange the golden fried **cheese** on top.
- Finish with a dollop of **yoghurt** sauce and a sprinkling of **coriander**.

Enjoy!