



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

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 | 10 g | 20 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 | 496.5 g | 100 g |
| Energy (kJ/kcal) | 3037.6 kJ/ 726 kcal | 611.8 kJ/ 146.2 kcal |
| Fat (g) | 28.6 g | 5.8 g |
| Sat. Fat (g) | 17.5 g | 3.5 g |
| Carbohydrate (g) | 84.4 g | 17 g |
| Sugars (g) | 16.1 g | 3.2 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, excludes Pantry Items.

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.

Contact

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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**.
- Quarter the **mushrooms**, halving any larger quarters.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Drain the **grilling cheese** then cut it into 1cm cubes. Place cubes in a bowl of cold **water** and leave to soak.



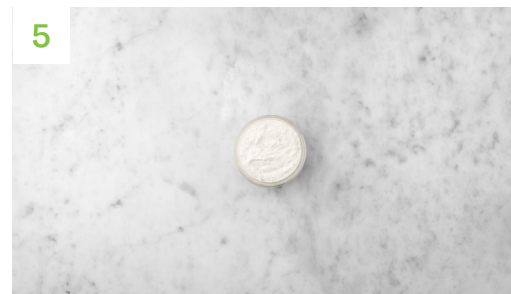
Fry the Cheese

- Remove the **cheese** from the **water**, pop onto 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 **grilling cheese** until golden, shifting frequently, 4-5 mins.



Cook the Rice

- Place a pot with a tight-fitting lid over medium-high heat with ½ tbsp **butter** (double for 4p).
- When hot, fry the finely chopped **onion** for 2-3 mins.
- Stir in the **rice**, **vegetable 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 10 mins more (the **rice** will continue to cook in its own steam).



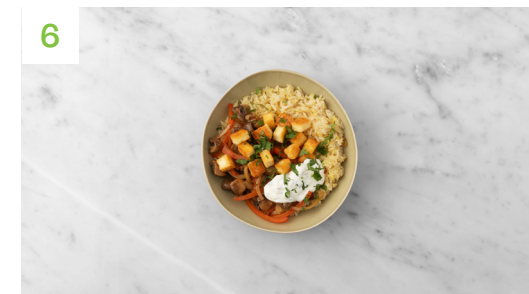
Make the Yoghurt Sauce

- 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**.



Soften the Veg

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



Garnish and Serve

- Divide the **rice** between bowls and spoon over the spiced veg.
- Arrange cubes of golden **grilling cheese** on top.
- Garnish with the **yoghurt sauce** and remaining **coriander**.

Enjoy!