



Product Spotlight: Saffron

Saffron is an extremely labor-intensive crop, making it one of the most precious spices in the world.



Saffron Persian Rice with Mixed Beans

Nutty brown rice salad with almonds, currants and beans tossed together with a warm tomato, saffron and cinnamon dressing.



25 minutes



2 servings



Plant-Based

3 February 2023

Make ahead!

You can prepare this rice salad ahead of time and enjoy the next day! You could also portion the dish out for lunch during the week.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	18g	120g

FROM YOUR BOX

BROWN RICE	150g
SPRING ONIONS	1 bunch
SAFFRON	1
CURRENT AND ALMOND MIX	1 packet
TOMATOES	2
LEMON	1
CELERY STALK	1
TINNED MIXED BEANS	400g
BABY SPINACH	1 bag (60g)

FROM YOUR PANTRY

olive oil, salt, pepper, ground cinnamon

KEY UTENSILS

saucepan, frypan

NOTES

Rinse the brown rice under cold water to cool it down.

If you want to add more spices you can try ground turmeric or ground nutmeg.

For added indulgence, serve with some nut feta cheese!



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse under cold water (see notes).



2. SAUTÉ THE SPRING ONIONS

Slice spring onions and add to a frypan over medium–high heat with **1 tbsp olive oil**. Add **1 tsp cinnamon**, saffron and almond/currant mix (see notes). Cook for 5–6 minutes until onions are soft.



3. ADD TOMATOES & SEASON

Dice and add tomatoes to pan along with **1/4 cup olive oil**. Cook for 2–3 minutes until softened. Take off heat and squeeze in lemon juice.



4. TOSS THE RICE

Slice celery. Drain and rinse beans. Toss together with spinach, cooked rice and sautéed vegetables. Season to taste with **salt and pepper**.



5. FINISH AND SERVE

Divide rice among plates to serve (see notes).

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

