




Product Spotlight: Chickpeas


Chickpeas are large white peas with a nutty flavour. Like many legumes, they are low-fat, high-protein, fibre-rich, vitamin and mineral-dense food.



14 Persian Rice with Spiced Chickpeas

Fluffy turmeric rice with hints of cinnamon and sweet cranberries, layered with crispy chickpeas and olives and finished with a parsley yoghurt dollop for serving.

 30 minutes

 4 servings

 Plant-Based

19 August 2022

Spice it up!

Add a pinch of saffron to the rice if you have some. You could also switch the flavours to a more Indian-style biryani and use garam masala, ground cumin and coriander in the spice mix.

Per serve: **PROTEIN** 19g **TOTAL FAT** 30g **CARBOHYDRATES** 80g

FROM YOUR BOX

BROWN ONION	1
GREEN CAPSICUM	1
TOMATOES	2
CARROTS	2
BROWN BASMATI RICE	300g
CRANBERRY & ALMOND MIX	1 packet (80g)
CHICKPEAS	2 packets
PARSLEY	1 packet
COCONUT YOGHURT	1 tub (200g)
GREEN OLIVES	1 jar

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground turmeric, ground cinnamon, 1 stock cube (of choice), apple cider vinegar

KEY UTENSILS

large frypan with lid, frypan

NOTES

Stir the rice halfway through cooking and reduce heat if the rice is starting to burn on the bottom of the pan.

When cooking the chickpeas, use a lid or splatter guard to keep them in the pan.



1. SAUTÉ THE ONION

Heat a large frypan over medium heat with **oil**. Slice and add onion, cook for 5 minutes or until softened. Season with **salt and pepper**.



2. ADD THE VEGGIES

Chop capsicum and tomatoes, grate carrot. Add to pan along with rice, cranberries and almonds. Stir in **1 tsp cinnamon** and **2 tsp turmeric**. Cook for 2-5 minutes until fragrant.



3. SIMMER THE RICE

Crumble in **1 stock cube** and pour in **2 1/2 cups water**. Increase heat to medium-high, cover and simmer for 12-15 minutes until water has absorbed (see notes). Take off heat and leave to sit for another 2 minutes.



4. COOK THE CHICKPEAS

Drain and pat chickpeas dry. Toss with **1 tsp turmeric, oil, salt and pepper**. Heat a frypan over medium-high heat. Add chickpeas and cook for 5 minutes, tossing until crispy (see notes).



5. MIX THE YOGHURT

Chop parsley to yield roughly 1/2 cup. Mix with coconut yoghurt, **1 tbsp olive oil, 1 tbsp vinegar, salt and pepper**.



6. FINISH AND SERVE

Drain and halve olives. Toss through the rice and season with **salt and pepper**.

Divide rice among plates, top with chickpeas and a dollop of yoghurt. Sprinkle with any remaining parsley.

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**

