

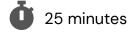




Saffron Persian Rice

with Mixed Beans

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







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.

TOTAL FAT CARBOHYDRATES

32g

115g

FROM YOUR BOX

BROWN RICE	300g
LEEK	1
SAFFRON	1
CURRANT AND ALMOND MIX	1 packet
TOMATOES	3
LEMON	1
CELERY STALKS	2
TINNED MIXED BEANS	2 x 400g
BABY SPINACH	1 bag (120g)

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 LEEK

Slice leek 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 leek is 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).

