





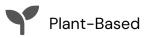
## **Persian Rice**

### 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.







# 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.

PROTEIN TOTAL FAT CARBOHYDRATES

22g

119g

#### FROM YOUR BOX

| TINNED CHICKPEAS       | 400g     |  |
|------------------------|----------|--|
| BROWN ONION            | 1        |  |
| GREEN CAPSICUM         | 1        |  |
| ТОМАТО                 | 1        |  |
| CARROT                 | 1        |  |
| BROWN BASMATI RICE     | 150g     |  |
| CRANBERRY & ALMOND MIX | 1 packet |  |
| PARSLEY                | 1 packet |  |
| COCONUT YOGHURT        | 1 tub    |  |
|                        |          |  |
| 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**

oven tray, large frypan with lid

#### **NOTES**

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



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#### 1. CRISP THE CHICKPEAS

Set oven to 220°C.

Drain and rinse **chickpeas**. Pat dry. Add to a lined oven tray. Toss with **1 tbsp oil**, **salt and pepper**. Roast for 15 minutes until chickpeas are crisp.



#### 2. 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**.



#### 3. ADD THE VEGGIES

Chop capsicum and tomato, and grate carrot. Add to pan with rice, cranberries and almonds. Stir in 1/2 tsp cinnamon and 1 tsp turmeric. Cook for 2–5 minutes until fragrant.



#### 4. SIMMER THE RICE

Crumble in 1/2 stock cube and pour in 1 1/4 cups water. Increase heat to medium-high, cover and simmer for 12-15 minutes or until water has absorbed (see notes). Take off heat and leave to sit for another 2 minutes.



#### **5. MIX THE YOGHURT**

Chop parsley and add to a bowl. 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.

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



