



Product Spotlight: Chickpeas

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



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.



30 minutes



2 servings



Plant-Based

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	22g	39g	119g

FROM YOUR BOX

TINNED CHICKPEAS	400g
BROWN ONION	1
GREEN CAPSICUM	1
TOMATO	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.



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.



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**.



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**.



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.



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.

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