




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.



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

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	TOTAL FAT	CARBOHYDRATES
	21g	34g	113g

FROM YOUR BOX

TINNED CHICKPEAS	2 x 400g
BROWN ONION	1
GREEN CAPSICUM	1
TOMATOES	2
CARROTS	2
BROWN BASMATI RICE	300g
CRANBERRY & ALMOND MIX	80g
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. Arrange on a lined oven tray. Toss with **2 tbsp oil, 1 tsp turmeric, salt and pepper**. Roast for 15 minutes until chickpeas are crispy.



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



4. 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.



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. Sprinkle with any remaining parsley.

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