

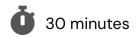




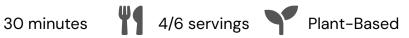
# **Persian Rice**

# 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

18g

51g

#### FROM YOUR BOX

	4 PERSON	6 PERSON
TINNED CHICKPEAS	2 x 400g	2 x 400g
BROWN ONION	1	1
GREEN CAPSICUM	1	2
TOMATOES	2	3
CARROTS	2	2
BROWN BASMATI RICE	300g	300g + 150g
CRANBERRY & ALMOND MIX	80g	80g + 40g
PARSLEY	1 packet	2 packets
COCONUT YOGHURT	1 tub	2 tubs
GREEN OLIVES	1 jar	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.





#### 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, 1-2 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 1-2 tsp cinnamon and 2-3 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.

6P - crumble in 2 stock cubes and pour in 3 1/4 cups water.



#### **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.

6P - mix with 2 tbsp olive oil and 2 tbsp vinegar.



#### 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**.

