



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



4/6 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
	18g	23g	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.



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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**, **1-2 tsp turmeric**, **salt and pepper**. Roast for 15 minutes until **chickpeas** are crispy.



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.



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**.

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



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.



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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