

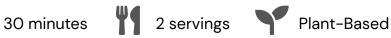


# Red Rice Chickpea Pilaf

A fragrant chickpea rice dish with flavours of allspice, topped with flaked almonds, parsley and finished with a dollop of lemon yoghurt.







Spice it up!

You can add dried fruit such as sultanas or currants to the rice for added sweetness. Add some ground coriander or turmeric to the chickpeas as they cook for extra flavour.

PROTEIN TOTAL FAT CARBOHYDRATES

24g 28g 113g

#### FROM YOUR BOX

RED RICE	150g
SHALLOT	1
CARROT	1
SNOW PEAS	1/2 bag (125g) *
FLAKED ALMONDS	1 packet (40g)
CHICKPEAS	400g
LEMON	1/2 *
COCONUT YOGHURT	1 tub (120g)
PARSLEY	1/2 bunch *

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, salt and pepper, ground allspice, garlic (1 clove), red wine vinegar

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

If you don't have ground allspice you can use a combination of ground cinnamon, clove and cumin or you can substitute it with garam masala.



## 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes until tender. Drain and rinse.



#### 2. PREPARE THE VEGGIES

Slice shallot and grate carrot. Trim and slice snow peas. Keep separate.



## 3. TOAST THE ALMONDS

Add almonds to a dry frypan over medium heat. Toast for 3-4 minutes until golden. Remove from pan and set aside.



## 4. SPICE THE CHICKPEAS

Reheat frypan over medium-high heat with oil. Drain and add chickpeas along with shallot and 2 tsp allspice. Cook for 4-6 minutes until fragrant and heated through.



# 5. ADD RICE & VEGGIES

Add 1 crushed garlic clove, cooked rice, snow peas and carrot. Cook for 2-3 minutes until veggies have wilted. Take off heat, stir through 1/2 tbsp vinegar and season with salt and pepper.



## 6. FINISH AND PLATE

Stir lemon juice through coconut yoghurt and season with salt and pepper.

Divide rice among bowls. Chop parsley and use to garnish along with toasted almonds. Dollop with lemon yoghurt.



