



Product Spotlight: Currants

Currants are dried berries of the small, sweet, seedless grape variety 'Black Corinth'.



4 Persian Rice with Spiced Chickpeas

Fluffy turmeric rice with hints of cinnamon and sweet currants, layered with pan crisped chickpeas and split olives.

 30 minutes

 2 servings

 Plant-Based

26 October 2020

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 ground coriander in the spice mix.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	23g	29g	110g

FROM YOUR BOX

SHALLOT	1
GREEN CAPSICUM	1
TOMATO	1
CARROT	1
BASMATI RICE	150g
CURRANTS	1 packet (40g)
PINE NUTS	1/2 packet (40g) *
CHICKPEAS	400g
MINT	1/3 bunch *
SPLIT OLIVES	1/2 packet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground cinnamon, ground turmeric, stock cube (1/2)

KEY UTENSILS

large frypan with lid, frypan

NOTES

Stir the rice half way and reduce heat if the rice is starting to burn on the bottom of the pan.

If you prefer to cook the chickpeas in the rice you can drain them and stir through half way. If cooking in the pan, use a lid or splatter guard to keep the chickpeas in the pan.



1. SAUTÉ THE SHALLOT

Chop shallot and add to a frypan over medium heat with **oil, salt and pepper**. Cook for 5 minutes until softened.



2. ADD THE VEGGIES

Chop capsicum and tomato. Grate carrot. Add to pan along with rice, currants and pine nuts. Stir in **1/2 tsp cinnamon** and **1 tsp turmeric**. Cook for 2–5 minutes until fragrant.



3. SIMMER THE RICE

Crumble in **1/2 stock cube** and pour in **1 1/2 cup water**. Increase heat to medium high, cover and simmer for 12 minutes until water has absorbed (see notes). Take off heat and leave to sit for 2 minutes.



4. COOK THE CHICKPEAS

Drain and pat chickpeas dry. Toss with **1/2 tsp turmeric, oil, salt and pepper**. Heat a frypan over medium–high heat. Add chickpeas and cook for 5 minutes, tossing until crispy (see notes).



5. FINISH AND PLATE

Fluff rice with a fork and season with **salt and pepper**. Divide among plates, top with chickpeas, sliced mint leaves and olives.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

