



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Saffron


Saffron is an extremely labor-intensive crop making it one of the most precious spices in the world.



1 Persian Saffron Rice Salad

Nutty brown rice salad with almonds, currants and beans tossed together with tomato, saffron and cinnamon vegetables.

 35 minutes

 2 servings

 Plant-Based

21 December 2020

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	23g	49g	91g

FROM YOUR BOX

BROWN RICE	150g
RED ONION	1/4 *
ZUCCHINI	1/2 *
SAFFRON THREADS	1/2 packet
ALMOND/CURRENT MIX	1 packet
TOMATO	1
LEMON	1/2 *
CELERY STICK	1
OREGANO	1/2 packet *
MIXED BEANS	1 tin (400g)
BABY SPINACH	1/2 bag (100g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, salt, pepper, ground cinnamon

KEY UTENSILS

frypan, saucepan

NOTES

Rinse the brown rice under cold water to cool it down.

If you want to add more spices you can try ground turmeric or ground nutmeg.

Rinse the oregano first to remove any sand.

For extra indulgence, serve with some nut feta cheese!



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse under cold water.



2. SAUTÉ THE VEGETABLES

Slice onion and zucchini. Add to a frypan over medium–high heat with **1 tbsp olive oil**. Add **1/2 tsp ground cinnamon**, saffron threads and almond/currant mix. Cook for 5–6 minutes until softened (see notes).



3. ADD TOMATO & LEMON

Dice and add tomato to pan along with **1/4 cup olive oil**. Cook for 2–3 minutes until softened. Take off heat and squeeze in lemon juice.



4. PREPARE THE SALAD

Slice celery and pick oregano leaves (see notes). Drain and rinse beans. Toss together with spinach, cooked rice and sautéed vegetables. Season to taste with **salt and pepper**.



5. FINISH AND PLATE

Divide rice salad among bowls to serve.

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

